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## Spirituality

### A New Source of Strength for Today's Families

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# SPECIALTY OF THE HOUSE

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THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES®

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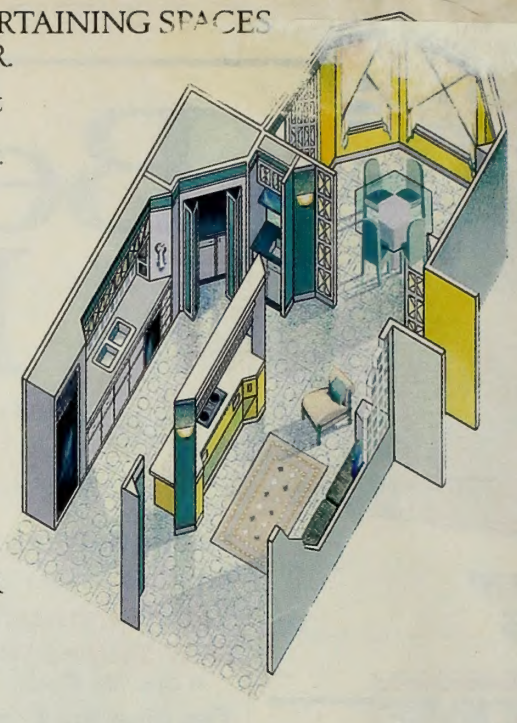
# THINK OF IT AS THREE VERY ENTERTAINING SPACES UNITED BY AN ARMSTRONG FLOOR.

The gourmet kitchen is the stage. The stereo built into the counter provides the background music. And the people themselves are the entertainment.

The specialty of this house is enjoying the company of family and friends. So this suite was designed to let the cook join in the conversation and the guests join in the cooking.

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# FAMILY NETWORK

## Readers' comments and solutions to family and community problems

### Cans aid charities

It seems that everyone is saving aluminum cans these days. Someone at our factory got the idea to save them at work. So several large drums were found and spray-painted red, and "Cans for Charity" was stenciled on them. The money collected from the sale of the cans is saved all year, then given to the Salvation Army just before Christmas for food baskets for the poor.

*Mrs. Howard Jacobs*
*Freeport, Ill.*

### Rx for boring parties

Instead of the same old party games, we decided to try something different for my 10-year-old's birthday this year. We put together an obstacle course in the backyard. The children had 1½ minutes to accomplish each of 10 messy tasks, including popping balloons filled with whipped cream, unrolling toilet paper with their noses, digging through a sandbox to find a flag, and eating a string of popcorn hanging between two trees. All of the children found these games much more amusing than the old pin-the-tail-on-the-donkey or Simon Says. (Of course, it helps to ask guests to wear old clothes.)

*Jennifer O'Toole*
*Livermore, Calif.*

### Toys cheer sick children

My daughter, a nurse, suggested that the women in our church make stuffed toys for little ones who come to the hospital or emergency room. This year we made 110 stuffed animals out of scraps from our sewing.

As word got around, friends saved material for us, too. Nurses tell us a toy works wonders for a frightened, homesick child.

*Marjorie Canegali*
*Powell, Ohio*

### Creating video memoirs

When my parents were moving from our very large family home to a smaller house, the process was very stressful for everyone. So in the final week, all 10 of the children—now grown—got together for a surprise final slumber party. At the slumber party we also surprised my parents with a videotape, recorded previously in secret, of each of us in our old room remembering various anecdotes and even a mock dinner at the kitchen table with all those memories. Now we have a permanent living reminder of each room in the old family home.

*Lacy Gentry Talbott*
*Baltimore, Md.*

### Keeping up with old friends

I've been fortunate enough to be able to quit work and stay home to care for my family. However, it wasn't easy to forget how rushed life can be for working people, and I missed my work friends.

I decided to have a "Come Straight From Work, Just As You Are" party once a week. I don't fix fancy dishes, just a simple meal when friends come from work and need a home-cooked meal to relax. Sometimes I call it an "Eat and Run" party so they feel free to hurry about on their errands.

*Edith McDonald*
*Jefferson City, Mo.*

### Answering machine records get well messages

When a friend suffered a serious heart attack, I was at a loss for a way to help the family. Since they had many friends, they were well supplied with meals, and because he was a popular coach, they got many phone calls extending get-well wishes.

To give the family some rest from all the calls, I lent them my telephone answering machine. Once a day, his wife would record a message on her husband's condition and thank friends for calling. Those who called would leave their names and a brief message, which she would note and relay to her husband. The machine helped out in a stressful situation.

*Barb Patterson*
*Huber Heights, Ohio*

### Flagging a pool problem

When we put in our swimming pool, we were invaded by neighborhood children who wanted to go swimming. I didn't want to be liable for all those children, or to be a full-time baby-sitter. To solve the problem, we began a flag system. When we hang an American flag on our pool fence, any child we know can come in our pool, but must be accompanied by a parent. When the flag is down, it's our family swim time, or a time for invited guests. It works great.

*Lois Benedict*
*Cottage Grove, Minn.*

### Ending TV squabbles

It seemed like a never-ending battle when television time was allowed—my children, 4 and 6, always argued over the channel choice. I would then make the decision with them, until I finally realized how much of my time was being wasted. Now, I give them only one response: "Do you want me to settle it?" They have learned it takes me only seconds to turn off the set, and they've learned, also, to work it out between themselves. Quietly.

*Cindy Tacchi*
*Mobile, Ala.*

### Trip diary cuts costs

On trips, our youngsters were always asking for treats or souvenirs, and the money went too fast or there were angry noes. The last trip we took together was different. We took along a notebook and pencil, and explained just how much money we would be able to spend. When it was half gone, we said, no matter where we were, we would turn around and go home. Our son and daughter took turns keeping a daily

*continued on page 8*

*continued from page 7*

record. *They* scolded when we had to spend a little too much on a motel, and *they* decided they didn't need a malt with each meal. It was the best family vacation we ever had.

*Aileen Nimmer*
*Green Bay, Wis.*

## Squelching sibling rivals

*In our August Family Network, one reader asked what to do about bickering children. Other readers respond:*

We told our children that they could continue the argument, but they would have to whisper. If we could still hear them, they had to whisper more softly.

We never told them the real reason we wanted them to whisper—to get them to stop bickering. Instead, we told them we needed to talk, or to make a phone call, or listen to the radio. Now 16, 17, and 18, they are outgoing, well-behaved kids who rarely argue with each other.

*Ellen Simpson*
*Statesville, N.C.*

Assign each child a special day. For example, one gets Monday, Wednesday, and Friday; one gets Tuesday, Thursday, and Saturday; and parents get Sunday. The child of the day gets first-choice privileges, choosing the TV programs, bath time, extra piece of dessert, etc. I have eliminated thousands of conflicts by using this approach.

*Donna Hart*
*Houston, Texas*

When my children get to arguing, I sit them down. No talking, complete silence. I set the timer on the stove to go off in a few minutes. If they talked or were not quiet, they would have to sit longer. This has worked for me.

*Mrs. Evelyn Rees*
*Delphos, Ohio*

We gave each of our children a roll of nickels every two weeks. Each time they argued, they had to give us a nickel, so they had the opportunity to gain $2 above their allowance every two weeks. Pretty soon we began to see some collaborating on their part just to hold onto the money. Gradually you can taper the amount off, but it really is a fun way to get cooperation.

*Sandra Redish*
*Lexington, Ky.*

My great-grandmother had a foolproof method. The children who were fighting were given a chore, such as washing windows, which had to be done side-by-side. Stuck in the same boat, the kids became friendly partners against the "authority." Not only did this end squabbles amicably, but it also cleaned up the house.

*Tracy Smith*
*Portland, Ore.*

Try to give each child your exclusive attention for at least a few minutes per day, before the bickering starts. The 5-year-old might enjoy a special story, while the 7-year-old might like a five-minute talk every day after school. Focusing on the children as individuals, rather than as a pair, will make each child feel special.

*Marie Schwartz*
*Falls Church, Va.*

We found that the arguing seemed to be a way to get our attention, and that by butting in, we made the problem worse. Now we usually ignore the arguments, and have seen a decrease in them. The children work out their problems themselves, instead. We also give them each their own special time with either both or one of us, and a private time alone each day. As a result, they are developing a beautiful brother-sister relationship.

*Karen Sabatini*
*Havertown, Pa.*

### WRITE TO US

Family Network welcomes letters from you, our readers, describing how you or your friends and neighbors solved problems involving family or community, or letters asking for help with an unsolved problem. Write to Family Network, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.

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# "NINE GIRLS STOOD GIGGLING AT ME AS I OPENED THE DOOR..."

*A True Story by*
Janet McBarron, M.D.

I am about to tell you a true story. It's very embarrassing to me. But I want you to have this while there is still time.

I was raised in Swarthmore, Pennsylvania, a small town near Philadelphia. After high school I went to college.

My grades were good. Everything was great. Except that I was 74 pounds overweight. A real porker.

Naturally, I was teased about being fat.

For example, a group of girls in my dormitory called a local pizza shop and ordered seventeen pizzas—all to be delivered in *my name*. When they arrived, I was summoned to the front door. I heard eight or nine girls giggling at me from behind the stairs. When I opened the door, there stood the delivery boy, seventeen pizzas in hand. I was humiliated and embarrassed. But I paid him from money I'd been saving for a new dress. The girls behind the stairs thought it was funny.

I didn't.

Then and there I vowed the jokes would end.

During my second year of medical school, I was invited to take part in an experimental new weight-loss regimen. It was called the Clinic-D Program. Enrollment in the test program was limited to patients who were severely obese. That was me. Obese. So I was allowed to enter.

The project began in late February. For the first three days nothing happened. My weight remained the same. But on the fourth day, my weight began dropping. Rapidly. Within the next 180 days I lost 67 pounds. And during the next two and a half weeks I lost an additional 13 pounds. This may not seem like a lot. But to me it was a miracle! This was the first time *in my life* I had consistently lost weight, week... after week... after week.

The Clinic-D Program was researched and developed by a team of bariatric physicians—specialists in weight loss. It's unique because it actually allows you to eat up to 1.8 times the amount of food you would on many other diets—and still lose weight. In fact, there's so much food on the program, I could hardly eat it all.

The prescribed menus called for up to *six meals per day*. Three regular meals. Plus three snack meals. (All good wholesome food. No pills. No weird foods.) So you're always eating.

How can a person consume so much food and still lose weight?

The secret is not in the amount of food you eat. It's in the *prescribed combination* of foods you eat in each 24-hour cycle. Specific portions of complex carbohydrates, fiber, and proteins that generate a negative caloric process that continues all day long... a complete 24-hour fat burning cycle. Fat is burned away around the clock. Not just in unhealthy spurts and fits like many diets. That's why it lets you shed pounds so easily. Without hunger. Without feeling deprived.

But here's the best part...

1. The food is delicious! Choose from chicken, ham, pork, beef, or fish. You may also select from a wide variety of cheeses, pasta products, sauces, potatoes, fruits and vegetables. Even some light wines and sweets. But you *must* consume them in the specific combinations and portions prescribed in the program.

2. There are no drugs. No appetite suppressants. No artificial foods. No gimmicks of any kind. All the food comes right from your supermarket.

3. The Program is healthy. It's very low in sodium, high in fiber. It's well balanced in every food group, with ample proteins and special combinations of complex carbohydrates.

4. The Program is flexible. The menus are varied. You can make substitutions. Even eat in restaurants that serve a la carte foods. Just so you order the appropriate combinations of food.

5. You'll lose weight. And keep it off. Permanently. Let's face it. We're all creatures of habit. We're used to eating three meals a day. We're also used to snacking. We all love snacks. Especially at night.

But most diets try to force us to change all that.

And that's precisely *why they fail*!

The Clinic-D Program is different. It allows you to continue your normal eating lifestyle, but with the right combinations of foods. You'll eat three meals a day. Plus three snack meals every day. So you don't feel hungry. Not in the morning. Not in the afternoon. Not at night.

I'm not the only one who was helped by the Clinic-D Program. Here are a few other examples...

- Charlie is a 43-year-old machinist. He began the program a week before Easter. He tried dozens of diets before. Always failed. But in just 16 weeks he lost 47 pounds. He reported absolutely no hunger. No feelings of deprivation. No nervousness.
- Linda is a 32-year-old secretary. She told me she had been on at least 23 diets before. She failed on all of them. But this time she lost 38.5 pounds in 16 weeks. No hunger. No nervousness.
- Donna is a 22-year-old housewife. She lost 22 pounds in only six weeks. She told me, "For once I'm not tired and irritable. I'm not snapping at the kids. I feel great!"

Obviously, I'm excited about the program. This is the first time it's been available to the public outside of a clinical setting. It's being distributed for us by Green Tree Press, Inc. in Erie, Pennsylvania.

I'll be happy to send you the Program to examine for 31 days. Show it to your doctor. Try it. There's no obligation. In fact, I won't cash your check for 31 days. You may even postdate it 31 days in advance, if you wish.

Your Clinic-D Program will be shipped immediately. When it arrives, try some of the menus. If you don't begin losing weight within six days, I'll promptly return your *original uncashed check*. No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you're not continuing to lose weight on a regular basis, I'll send you a full refund. Promptly. And without question. This is the fairest way I know to prove to you how well this new program works.

To order, just send your name, address and postdated check for $9.95 to me, Janet McBarron, M.D., c/o Green Tree Press, Inc., Dept. 492, 3603 West 12th Street, Erie, PA 16505.

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# EDITOR'S LETTER

## A SPIRITUAL AWAKENING

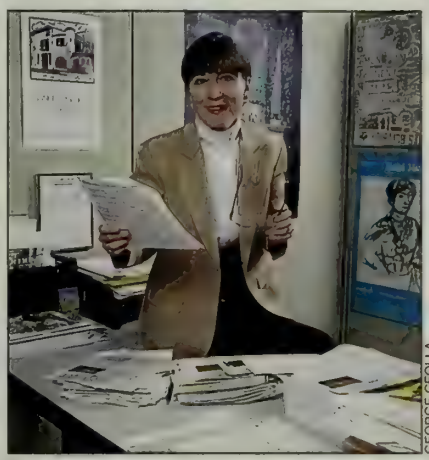
**Dear Readers,**

I must admit that when our managing editor, Kate Greer, urged me to let her publish the questionnaire "Are American Families Finding New Strength in Spirituality?" In our September issue last year, I wasn't all that enthusiastic. Even though I have been reexamining the spiritual side of my own life for the last couple of years (I would even go so far as to call it a spiritual quest), I really didn't see the potential in the survey Kate wanted to do. I guess I felt my "quest" to be such a personal thing, I was slow to see what was happening in our society.

But now, the results are in, and I'm amazed. You can read them for yourself in Kate's fascinating report on the next page (*16*). I don't want to steal her thunder, but I have to comment on two things: the size of the response (80,000 replies when we expected about 30,000), and the fact that more than 50 percent of you said you thought spirituality is gaining influence on family life in America. These statistics illuminate a significant shift in the spiritual life of many of us.

***"When a Wall Street crook can get a standing ovation from students at a prestigious business school by telling them they have a right to be selfish, a return to basic moral values is long overdue."***

I guess I shouldn't be too surprised. When our federal government buys claw hammers for $250 each from defense contractors while cutting welfare payments to people who get blankets from charity and when a Wall Street crook can get a standing ovation from students at a prestigious business school by telling them they have a right to be selfish, a return to basic moral values is long overdue.



GEORGE CEOLLA

**Kate Greer reads your letters . . .**

Or maybe it is the Age of Aquarius, as some of the New Age folks think. Whatever it's all about—this new awakening—I welcome it. In my own search over these last couple of years, I've done a lot of reading. For those of you experiencing a deepening sense of spiritual values, I'd enthusiastically recommend two best-sellers, *The Road Less Traveled* and *A Different Drum*, both by psychiatrist Scott Peck.

I'm also very fond of *Sing a New Song* by Andrea J. Shepard, an inspiring but little-known book of poems by a little-known author from a little-known publisher, Zondervan. Through her poetry, Andrea tells us of her passage from a devastating divorce to her rebirth through faith into a new life.

And, of course, I urge you to read Kate's report. I think you will be as moved and heartened as I was to know that, in all its many forms, a rebirth of the spirit is happening in our country.

David Jordan

David Jordan, Editor


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SPECIAL REPORT

# ARE AMERICAN FAMILIES FINDING NEW STRENGTH IN SPIRITUALITY?

## Here's What More Than 80,000 Better Homes and Gardens Readers Think!

By Kate Greer, Managing Editor

### SURVEY RESULTS

**A PROFILE OF RESPONDENTS**

| | |
|---|---|
| Believe in God | 96% |
| Indicate a religious affiliation | 89% |
| Married | 83% |
| Have children | 87% |
| Median age | 45.7 years |
| College educated | 77% |
| Median income | $38,333 |

**RESPONDENTS' RELIGIOUS AFFILIATIONS**

| | |
|---|---|
| Protestant | 71% |
| Catholic | 15% |
| Jewish | 1% |
| Other | 2% |
| No religious affiliation | 9% |

**DO YOU THINK SPIRITUALITY IS GAINING OR LOSING INFLUENCE ON FAMILY LIFE IN AMERICA?**

| | |
|---|---|
| Gaining | 50% |
| Staying the same | 14% |
| Losing | 33% |

**HOW IMPORTANT IS IT TO YOU THAT YOUR SPOUSE SHARE YOUR SPIRITUAL/RELIGIOUS BELIEFS? YOUR CHILDREN?**

- *Your spouse:*

| | |
|---|---|
| Very important | 74% |
| Somewhat important | 13% |
| Not important | 5% |

- *Your children:*

| | |
|---|---|
| Very important | 71% |
| Somewhat important | 15% |
| Not important | 4% |

*A full statistical report is being distributed to leading figures in church, school, social organizations, and universities; to the President of the United States, members of Congress, governors, and to news media.*



FOUR BY FIVE INC.

"So many people are searching, trying to find something. . . ."

**Do you think spirituality is gaining or losing influence on family life in America? How important is it that your spouse and children share your spiritual/religious beliefs? Do you believe that you will be reunited with loved ones after death?**

In a questionnaire in last September's issue we asked our readers those and many other probing questions about spirituality and religion. The response was enthusiastic and fascinating. More than 80,000 readers took the time to complete the questionnaire and some 10,000 attached letters that add valuable insights to survey results.

The letters (we have read them all) demonstrate remarkable thought and reflection and are articulate, frank, and often touching. They range from personal descriptions of devout spiritual journeys to outpourings of evangelical fervor to outrage at grievous wrongdoing perceived as having been done in the name of God and religion. Some letters reflect a search for meaning and purpose. Others express peace, joy, and certainty. Sometimes there is bitterness, disappointment, and skepticism. Throughout this report, we include representative excerpts from these letters.

### Who answered?

Keep in mind that all respondents to our questionnaire are *Better Homes and Gardens* readers who probably have a stronger-than-average interest in the subject. So the results of our survey are not intended to be a reflection of national public opinion. However, the views represented include those of Protestants, Catholics, Jews, and those who belong to various other religions as well as those who don't belong to any religious group but still believe themselves to be spiritual. We also heard from some agnostics and atheists.

*continued on page 19*




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## Sausage Skillet Scramble

- 1 lb. Hillshire Farm Smoked Sausage, cut into slices
- 2 medium onions, thinly sliced
- 2 apples, cored and thinly sliced
- 2 Tb vegetable oil or butter

Saute sausage, onions, and apples in oil in a large skillet until onions and apple slices are tender, stirring constantly. Makes 4 servings.



# SPIRITUALITY REPORT

*continued from page 16*

**WHICH OF THE FOLLOWING ACTIVITIES ARE MOST IMPORTANT IN YOUR FAMILY'S SPIRITUAL DEVELOPMENT?**

- Following moral principles..... 73%
- Attending organized religious services..... 70%
- Being members of a church or temple..... 58%
- Reading scripture ..... 57%
- Sharing your belief..... 57%
- Praying together ..... 54%
- Contributing time and/or money ..... 53%
- Working toward inner sense of peace/well-being ..... 46%
- Participating in scripture study or discussion groups ..... 42%
- Reflecting on the meaning of life ..... 31%
- Watching or listening to broadcast religious services .. 20%
- Being politically/socially active..... 18%
- Seeking oneness with nature..... 15%

**HOW OFTEN DO YOU ATTEND RELIGIOUS SERVICES?**

- Once a week..... 39%
- More than once a week ..... 36%
- Seldom/never..... 14%
- At least once a month..... 7%
- On major holidays and holy days..... 3%

**WHAT DO YOU MOST WANT FROM A RELIGIOUS ORGANIZATION?**

- Spiritual development..... 80%
- A loving, caring group of friends..... 65%
- A path to salvation..... 46%
- Self and/or societal improvement..... 35%
- A sense of serenity..... 30%
- Ceremonial support for baptisms, funerals, weddings, bar mitzvahs, etc. ..... 27%
- Intellectual stimulation..... 27%
- The meaning and/or comfort of ritual ..... 14%
- Do not belong to religious organization ..... 8%

Almost all respondents indicate that religion and/or spirituality affect their lives in meaningful ways. Both "New Age" Spiritualists and Fundamentalists, whose respective beliefs tend to be at opposite ends of the spiritual spectrum, seem to perceive a growing spiritual undercurrent in America today. Interestingly, many people at those extremes distrust organized religion and are carrying on a kind of grass-roots revolution. The vast number of people who come between these extremes show more support for organized religion but also indicate that their spirituality is an intensely personal matter. No matter what their theology, respondents tend to focus on doing the right thing for their children and for themselves, and seek direction through their religious and spiritual pursuits. Many say that through these pursuits they have gained the strength and grace to withstand tragedy and adversity.

Perhaps the most consistently expressed sentiment was one thanking us for printing the survey, for acknowledging the spiritual side of our readers' lives. Countless letter writers told us that they NEVER answer questionnaires but that they felt (for widely varying reasons) compelled to answer this one. As one reader notes: "I am answering your questionnaire because I believe you have hit upon a part of our nature that too often is neglected by secular magazines. The physical and mental faculties are discussed in depth, but, in essence, they depend on our spiritual well-being. I think religion plays a far more important role in many families than most of the media realize."

Others answered to ensure that their views, whatever they might be, would be represented, thereby "balancing out" the responses. "I felt a lot of people from religious organizations would answer this questionnaire," says one Florida respondent, "and I wanted to be part of a voice of people who are extremely spiritual but are not into a religious organization." Most often though, letter writers wanted to proclaim their belief in Jesus Christ as their savior.

Backing the opinion of 50% of respondents who think that spirituality is gaining influence on family life are the 62% who say that in recent years they have begun or intensified personal spiritual study and activities. Some 23% say they have become closer to a religious organization and 22% have joined or rejoined a small group that shares their spiritual interest. Fewer respondents, 15%, have recently joined or rejoined a religious organization.

A pastor's wife from Massachusetts observes: "We've seen many in their 30s who have 'returned' to religion and now regard it as an important aspect of their lives and the lives of their children and families. They've usually had some experience with a church in childhood. If we here, in a small town, see this kind of a resurgence, I can't help but feel that it is happening in greater proportions around the country." Others believe the graying of America to be a factor in increased religious/spiritual awareness. An older Indianan tells us: "With age, you get to be a believer."

## I'm OK but you're probably not

It is common in questionnaires for people to answer one way regarding their own activities but then switch their position when they're assessing the condition of other people. It's somewhat like saying "We're doing fine, but I suspect other people aren't." For instance, in this survey an astonishing 87% of respondents say that they are about as or more spiritual/religious than their parents. And while 33% of respondents think that spirituality is losing influence with other people, many of these same people say its influence on their own family is increasing.

## The family connection

"I find it interesting," a young wife and mother writes from South Carolina, "that religion seems to be becoming more important in the lives of many of my friends and associates, particularly after they have started families."

Some letter writers focus on the bond that spirituality creates between themselves and their spouses. Others point out that they married not considering that religion would matter to them, only to find out differently. Says one: "My husband and I just started attending church a few months ago. After two

*continued on page 21*

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# SPIRITUALITY REPORT

*continued from page 19*

**SHOULD RELIGIOUS LEADERS AND ORGANIZATIONS BE INVOLVED IN:**

- The global peace movement
  - Yes ..... 71%
  - No ..... 21%
- Addressing issues of abortion
  - Yes ..... 69%
  - No ..... 25%
- Setting ethical guidelines for the use of extraordinary medical technology
  - Yes ..... 51%
  - No ..... 35%
- Selecting/eliminating public school textbooks
  - No ..... 48%
  - Yes ..... 41%

**OVERALL, DO YOU THINK THAT ORGANIZED RELIGIONS ARE SENSITIVE TO THE SPIRITUAL NEEDS OF TODAY'S FAMILIES?**

Yes ..... 59%
No ..... 35%

**HOW OFTEN DO YOU OR OTHER MEMBERS OF YOUR FAMILY WATCH TELEVISED RELIGIOUS PROGRAMS OR LISTEN TO THEM ON THE RADIO?**

Seldom/never ..... 51%
At least once a week ..... 21%
Daily ..... 15%
At least once a month ..... 12%

**FACED WITH A SPIRITUAL DILEMMA, WHAT MOST GUIDES YOU?**

Prayer/meditation ..... 68%
Scripture ..... 44%
Your own conscience ..... 34%
Clergy ..... 14%
Friends ..... 11%
Religious group/community ..... 6%

**THINKING OF THE TIMES YOU'VE FELT CLOSEST TO GOD, WERE THEY:**

In meditation/prayer ..... 73%
In time of crisis/danger ..... 65%
In time of great joy ..... 60%
In spiritual/religious services ..... 59%
In communion with nature ..... 33%

years of marriage, we felt that something was missing in our lives. Religion seems to have been the missing factor."

Then, too, there are those who tell about marrying a spouse who did not or does not share their religious/spiritual commitment only now to find that it's causing a strain in their relationship. Fortunately, the number saying that religion is a source of conflict between themselves and their spouse is relatively small, but still, 20% say it often or sometimes causes conflict.

However, the quest for spirituality more often seems to come with the birth of children. One mother tells us: "I was content to explore my own spiritual and religious needs and beliefs at a relaxed pace until I took on the job of modeling life for two little people."

Some parents have specific goals such as: "It is important to me that my children have a basic religious foundation, believe in peace and helping mankind, and develop good moral behaviors." Another confirms this view: "When one becomes a parent, the necessity to provide an ethical framework based on traditional values for one's children becomes a priority."

Indeed, 76% say that when dealing with everyday family matters, they often rely on their faith for guidance; 17% say they sometimes do.

## The reasons for involvement

We asked readers why, primarily, they are involved in spiritual/religious matters. Topping the list at 73% is for moral guidance and strength. Other reasons are: to deal with everyday life, 69%; to achieve personal fulfillment, 56%; to strengthen family bonds, 46%; because of a call from God, 36%; because of a religious experience, 35%; for forgiveness, relief from guilt, 35%; for a sense of connection/community with others, 34%; because of intellectual reflection and conviction, 30%; influenced by friends or relatives, 18%.

One reader summarizes her feelings: "I consider my church my extended family. They support me spiritually and socially with unconditional love."

## Twice the national average

The 75% of respondents who say they attend religious services one or more times a week is more than double the national average. And putting to rest the misconception that women are more involved with religion than men, 47% of men compared to 35% of women say they attend services more than once a week. Says one: "I go to church every week for a variety of reasons. I feel a part of a nurturing community there, I love singing the hymns, and most sermons can give a bit of wisdom on living a better life." Another notes: "I do attend church and my children attend religion classes. I do not go to impress anyone or to suppress guilt. I go for myself and for God." More often, though, letter writers complain that attending church services isn't fulfilling. One writes: "I stopped attending church after one Sunday's session with a new preacher, a hellfire and damnation type. I thought to myself, 'What am I doing here? This is depressing. I came for encouragement and uplifting.'" In contrast, some readers think church services have become too wimpy and see contemporary spirituality as undisciplined, "easy religion."

Many are bothered by religious organizations that fail to recognize the real-life needs of members. A young mother and wife of the president of her church says: "My church does not support working women. Why do I attend this church? It has been my experience that other churches are not any different. So I will continue to grit my teeth and go to church, concentrating not on narrow-minded members and pastors, but on the guidance I need from God in order to live my life in the best way."

Others call for change. From California: "It would be very nice to find a church that sought to expand our understanding of ourselves and others by providing a forum for tolerant debate of the many issues that threaten to overcome or engulf us. I wish to be stimulated, not fettered."

"I feel a twinge of guilt often for not attending church," an Iowan regrets, "but it seems churches are preoccupied with raising money, money, money!"

Numerous letter writers argue that church attendance and morality are not necessarily linked. From Missouri, we read: "I feel that no one can pursue

*continued on page 23*

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# SPIRITUALITY REPORT

*continued from page 21*

spiritual development by merely going to a church. I have known many very religious people who believed in their faith and lived good moral lives, but they haven't seen the inside of a church for years." Another confirms: "In the end, it is how I've lived my life and what I've given of myself to others that counts, rather than how many religious services I've attended over the years."

## How goes it for televangelists?

Readers were quick to separate traditional religious radio programs, like "The Lutheran Hour," and the '80s phenomenon of televangelism. The latter garnered precious few kind words from letter writers, though one from Kansas writes: "Our local Lutheran congregation offers nothing in the way of spiritual/religious development to those over 10 years of age. So I enjoy programs like 'The 700 Club' for daily spiritual encouragement." However, the majority of comments were disparaging and often harsh. A 38-year-old Californian thinks: "The televangelists prey on people who are looking for a quick fix to their problems. They promise checkbook salvation. And it doesn't happen that way . . . our salvation is within ourselves." Another says simply: "TV religion is legalized con artists at work on the poor."

**HOW DO YOU PRIMARILY PURSUE SPIRITUAL/RELIGIOUS DEVELOPMENT?**

- Attend church/temple/synagogue ..... 79%
- Pray/meditate/study alone .... 66%
- Pray/meditate/study with a group ..... 40%
- Listen to/watch broadcast religious programs ..... 25%
- Other ..... 11%

**IS IT POSSIBLE TO BE A MORAL, ETHICAL PERSON WITHOUT BEING SPIRITUAL?**

Yes ..... 74%
No ..... 18%

**IS IT POSSIBLE TO BE A SPIRITUAL PERSON WITHOUT BEING RELIGIOUS?**

Yes ..... 52%
No ..... 34%

That televangelists do get large amounts of money from viewers puzzles some respondents and angers others. Still others see damage being done to religion and spiritual life in general, as one Texas respondent writes. "After the 'fall' of evangelist Jim Bakker, along with several other distrustful things, belief in our spiritual leaders is becoming weaker."

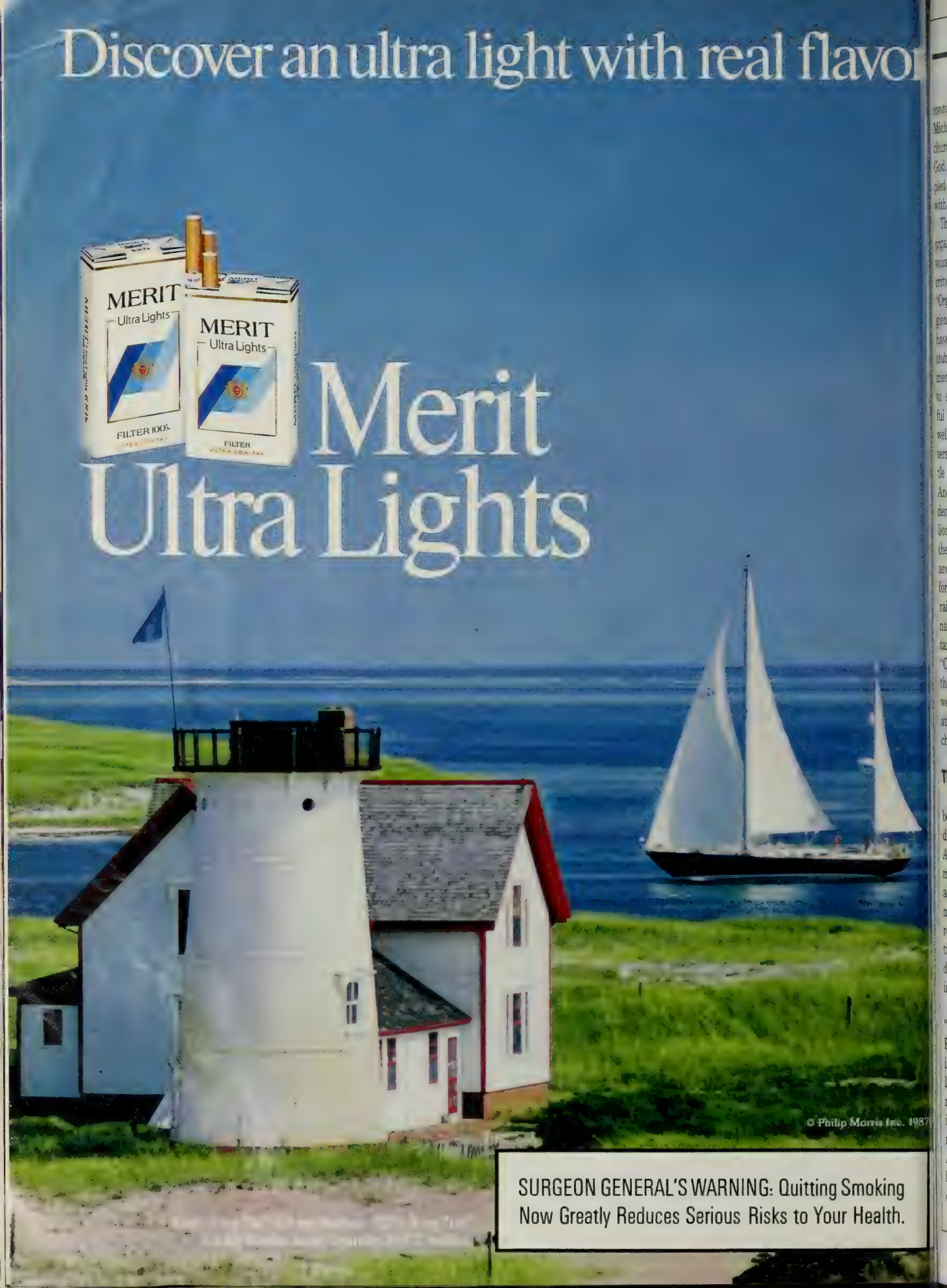
## Organized religion: The devout are divided

"We attend church every Sunday morning," writes a young wife and mother, "and also evening worship service because with fellowship, teaching, and worship together you are given strength and a lift to go through the coming week."

Even though a majority of respondents participates in organized religions, their complaints about those religions outweigh their compliments. A pastor of a Baptist church in

*continued on page 25*




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# SPIRITUALITY REPORT

*continued from page 23*

Michigan writes: "The so-called traditional, institutional church miserably fails to meet the mandates given to it by God. We have remained in our cloistered, stained-glass, steepled cubicles with only an occasional grunt when confronted with the debilitating ineptness of lost spiritual virility."

Those who shun organized religion voice numerous criticisms such as: "Organized religion appears to have become social clubs competing for members and dues to support beautiful buildings and well-paid ministers, but giving little in spirituality." Another respondent writes: "Millions have died in the name of Jesus and many kings' fortunes have been raised in the same name. Religion is not a charity; it's a business and should be taxed just like any other business." From a third respondent: "Organized religion does nothing for people except make them self-righteous and cruel. The people in my life who were most kind were people who believed in God, but did not attend a church." And another: "I don't feel we quit the church, but that the church quit us."

**DO YOU BELIEVE:**

- In eternal life? Yes..... 89%
- In a heaven? Yes..... 87%
- In miracles? Yes ..... 86%
- That you will be reunited with your loved ones after death? Yes.. 81%
- That prayer and meditation can lead to miraculous cure of disease? Yes ..... 80%
- In a hell? Yes ..... 76%
- In direct communication from God to an individual? Yes..... 73%
- In a spiritual/astral realm? Yes..... 30%
- In channeling messages/ lessons from spirits? Yes..... 13%
- In reincarnation? Yes ..... 11%

## The moral, spiritual, religious triangle

Reader after reader decries the lack of morals and ethical behavior in our country today. "Old black sins are now just different shades of gray," says a young man from Indiana. Another observes: "Too many folks act as if the Ten Commandments are just the Ten Suggestions." Our questions about morality, ethics, and spirituality elicited some of the most thoughtful of all the letters we received. An Alabama respondent says: "In a world filled with crime, immoral actions, wars, divorce, and values of materialism, families today must have a deeper spiritual concept of what is really important in life."

Readers' definitions also came our way. For instance: "Faith is what you believe in—God, heaven, hell, Jesus, etc. Religion is the type of church you go to." And from a reader in New York: "Spirituality, in our society, is inappropriately linked to religion. Certainly morality and religious belief do not necessarily agree. Tolerance, consideration, humanitarianism have little to do with a belief in God. Spirituality is not morality and cannot be practiced by the unbeliever." And "Religion describes a person's attempt to reach God. But being truly spiritual is the result of the work of God in an individual's heart. It is God reaching down to a person." And:

*continued on page 26*




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# SPIRITUALITY REPORT

*continued from page 25*

"Spiritual strength will motivate the individual to search in depth for answers to questions of eternity and continuity. This may involve a religious institution, but is not dependent on it." And: "Religion is going through the motions, while faith and trust in God is an experience of the heart. My faith in God is the very core of what I am. It holds my life together through good times and bad."

Of all respondents, 96% believe in God, and 80% say they believe in a personal God; 10% believe in God as a force, idea, or principle, and 5% believe in a combination of both concepts.

## AIDS: Compassion and judgment

On the subject of AIDS, the most common thought readers express is that AIDS is not so much God's wrath as it is the inevitable consequence of wrongful human behavior. Some readers forsee that the outcome will be a return to God: "I believe that AIDS, although it is a terrible thing, is going to help people realize their immoral, promiscuous state and turn back to God."

Only 13% of respondents regard AIDS as solely a medical problem while 67% regard it as a medical problem as well as a moral issue and 29% regard it as the wrath of God in response to immoral acts.

Some letter writers object: "I don't think we should judge others. The Bible teaches that! By telling AIDS victims that it's God's wrath, we are judging them and that's wrong. I believe we have to look at how we treat victims. Are we treating them with the same love and concern that Jesus would?"

The majority attitude remains:

**It's the delicate balance** of tastes that makes Lipton's **new** Rice Asparagus with Hollandaise sauce something special. Lemon, butter, and the barest hint of garlic and onion, blended into a subtle sauce as only Lipton® can. Serve it in just ten minutes. Try our new Rice Pilaf and Rice Cajun-Style, too. And enjoy that delicate Lipton touch.




Lipton Side Dishes

with that delicately seasoned taste.

"AIDS seems to have come from nowhere suddenly. I fail to see how science can explain its sudden appearance except as sent from God. Maybe now people will have more responsible attitudes about sex and the integrity of the family, and their commitment in relationships will increase."

### Parting shots

"You left out the most important question of all," a Missouri respondent says. "Have you been born again?" Others think it's inexcusable to produce such a survey without asking about belief in the Bible and in Jesus Christ.

There were, too, some scathing attacks on specific religions that ranged from berating the Roman Catholic Church for its financial activities to branding Fundamentalist fervor as a serious threat to democracy.

Some dismissed the whole issue of increased spirituality as being a nonissue: "What we have," says one man, "is 'watered down spirituality' evidenced by our self-focused American idea of self-seeking pleasure." Another says: "It's just the Baby Boomers getting back to formal religion."

But more often, faith prevailed: "There are more and more people who want this old world of ours to be a better place to live and are doing something about it—physically and spiritually. And I, in my small way and with God's help, want to be part of it."

For a copy of the full statistical report send your name, address, and check for $3 payable to *Better Homes and Gardens*® magazine to: Spirituality Survey, *Better Homes and Gardens* Editorial Research, 1716 Locust St., Des Moines, IA 50336.

*Produced in cooperation with Nancy Byal, Greg Cook, Ray Deaton, Nancy Hall, David Johnson, Paul Krantz, and Scott Tolan.* BH&G

# New...Never before available.




Spice jars of the finest porcelain, each portraying a different work Sister Hummel's adored art, each hand-embellishe with 24kt gold.

**PARSLEY**

Known since ancient times, the Greeks fashioned *parsley* into garlands used to crown their victorious athletes, but did not eat it. The Romans not only ate parsley, but also placed it in bunches on their banquet tables and wore it in wreaths around their necks.

First cultivated in Sardinia, over forty varieties are now grown throughout the world. Parsley is used in both fresh and dried forms as a garnish and as a flavoring for meat, fish, soups and sauces.

*Shown actual s*

Authentic M.J. Hummel®

# The Hummel Spice Jar Collection

## The beloved art of Sister M.I. Hummel, now for the first time on a series of collector spice jars




*Shown actual size.*

Hummel Art ©ARS AG, Cham, Switzerland
©1987 MBI

Sister Maria Innocentia Hummel. Generations have delighted in her art.

Now, you have the opportunity to bring into your home *The Hummel Spice Jar Collection*, the very first spice jars ever to feature the loved art of Sister M.I. Hummel.

**Crafted of fine porcelain – decorated with 24kt gold.**

The Hummel Spice Jars will be crafted of the finest porcelain in a classic shape inspired by antique European apothecary jars. The ivory-colored porcelain provides an ideal background for the subtle lines of Sister Hummel's art.

In addition, each jar will have an air-tight lid and will be hand-accented with precious 24kt gold and labeled with the name of a different herb or spice... parsley, basil, paprika... twenty-four in all, a different spice for each Hummel scene. The back of each jar will feature a brief history of the spice.

**A handsome spice rack completes the collection – yours at no additional charge.**

What better way to display your spice jars than in their own specially-designed spice rack. This handsome piece features three shelves plus a roomy drawer – perfect for storing recipe cards if you like. And it's ready to hang on the wall or sit on the counter – whichever you prefer.

**Surprisingly affordable.**

*The Hummel Spice Jar Collection* is available exclusively from the Danbury Mint. It will not be sold in even the finest gourmet shops or giftware galleries. And the original issue price is remarkably affordable... just $19.75 for each delightful jar. Moreover, this price is guaranteed to you for all twenty-four spice jars. And don't forget, the spice rack is yours at no additional charge.

Starting your collection is easy. You need send no money now. Simply return the enclosed Reservation Application. Of course, if you are not completely thrilled with any jar in the collection, you may return it within thirty days for a replacement or refund. And you may discontinue your subscription at any time.

**Convenient acquisition plan.**

Your first and last jars will be shipped individually. In between, you'll receive a set of two jars every other month. For your convenience, you need pay for only one jar per month. If you prefer, you may charge each spice jar to your VISA or MasterCard.

**An heirloom-quality collection.**

Like the Hummel figurines and plates so treasured by collectors, these charming spice jars will delight you and your family now and in the years to come. Think of what a thoughtful gift the collection will make when your daughter or granddaughter sets up housekeeping in a new home of her own.

Discover the joyful art of Sister M.I. Hummel... send in your Reservation Application today!

*the Danbury Mint*

---

RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please return promptly.

Please accept my reservation for *The Hummel Spice Jar Collection*, a series of twenty-four porcelain spice jars, each featuring a different work of art by Sister M.I. Hummel, each decorated in 24kt gold. A handsome wooden spice rack will be included at no extra charge. The cost of each spice jar is $19.75*.

I need send no money now. My first and last spice jars will be shipped individually. In between, I will receive a set of two spice jars every other month. I need pay for only one jar per month. Any jar that I am not completely satisfied with may be returned within thirty days for a replacement or refund, and this subscription may be canceled by either party at any time.

*Plus $2 per jar for shipping and handling.

☐ Check here if you want each spice jar charged to your:
☐ VISA ☐ MasterCard

Credit Card Number _____ Expiration Date _____

Name _____

Address _____

City _____

State _____ Zip _____

Signature _____

Allow 8 to 12 weeks after payment for initial shipment.

N-62

# CUDDLE-UP AFGHANS

## WINTER WARMERS TO CROCHET OR WEAVE

By Jim Williams and Jilann Severson

**We haven't seen afghans as easy to make and as inviting as these in a dog's age! Collect scrap yarns of different weights and textures in one color family, then dash off some squares by weaving on a child's pot-holder loom or stitching in easy single crochet.**

### GENERAL INSTRUCTIONS

*Note:* Experiment with combining yarns before beginning. Although any combination of colors and fibers can be used together, strive for a consistent crochet gauge or thickness of weave.

*MATERIALS:* A large assortment of white and off-white or gray and gray tweed yarns in a variety of fibers, textures, and thicknesses; size 13 wooden crochet hook or pot-holder loom.



PHOTOGRAPHS: PERRY STRUSE. DESIGNS: JIM WILLIAMS, GARY BOLING

### Cuddly Woven Afghan

Use that skill you learned as a kid at camp—weave our Cuddly Woven Afghan from bits of gray novelty yarns and a simple pot-holder loom.

*INSTRUCTIONS*

*Note:* Approximately 20 yards of yarn make one woven afghan square. Weave yarn singly or doubly as desired to create consistent thickness for each square.

Using one length of yarn, put warp (up and down threads) on a pot-holder loom then weave weft (crosswise threads) over and under until the square is completed. Remove from the loom and chain the loops around all sides together to create a finished edge.

Weave 120 squares. Slip-stitch squares together in 10 rows of 12 squares. Stitch rows together. Make tassels and attach to assembled afghan at every other row.



### Cozy Crocheted Afghan

Anybody-can-do-it single crochet stitches turn white and off-white yarns into our Cozy Crocheted Afghan.

*INSTRUCTIONS*

Combine strands of yarn to achieve consistent gauge. With a size 13 wooden crochet hook and several strands of yarn held tog, ch 14. Sc in 2nd ch from hook and in each ch across; ch 1, turn. Work back and forth in rows until work forms a square; work 1 rnd sc around square, making (sc, ch 2, and sc) in each corner. Fasten off. Changing style and shade of yarn for each round, continue to work around square in rounds, making corners as before until square measures 12×12 inches. Fasten off.

Make 20 squares. Crochet squares together in 5 rows of 4 squares. Crochet rows together.

For border, using a different combination of yarns for each round, sc around, making corners as before. Continue until border is 6 inches deep.

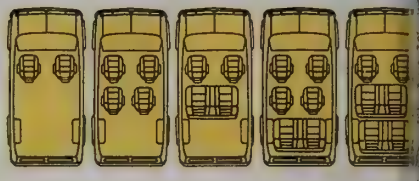
# YES, YO

## CHEVY ASTRO

The van that can lets you and your family do things that are a no-no in smaller, less powerful mini-vans.

**Yes, you can enjoy the biggest V6 in any van as standard.**
Astro Passenger Van's fuel-injected 4.3 Liter Vortec V6 is the biggest V6 you can get in any size van. With 150 horsepower, Vortec V6 is easily the most powerful engine in Astro's class. And it's standard.

**Yes, you can tow up to three tons.**
Rear-drive Astro has up to 6,000 lbs. of towing capacity available when properly equipped, including passengers, cargo and trailer. That's more than any Ford, Dodge or Plymouth mini-van.



**Yes, you can seat up to eight.**
Astro offers available seating for up to eight on all trim levels. You can fold down or snap-release the middle anc




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...Chevy ... 3/36,000-mile pow... warranty protection and 6 years or 100,000 mi... of ... body rust-through protection. Solid proof of ... quality ... every ... 1988 Chevy ...

# U CAN.

vailable rear seat for many argo and seating arrange- ients. Or, you can take ommand with available high- ack captain's chairs in front nd amidship.

**es, you can have up o 151.8 cu. ft. of cargo oom.***

stro is compact enough for family garage. Yet it lets ou pack a load that won't fit n Aerostar or even a Dodge Grand Caravan or Plymouth Grand Voyager.

**Yes, you can...yes, you can...yes, you can.** Astro also lets you swing-out the rear doors. Load through a bigger side door opening than Ford, Dodge or Plymouth mini-vans. Tour with the largest optional fuel tank in a mini-van: 27 gallons.

So why buy a no-you-can't van? Think positively and test drive the liberating world of room, power and comfort in Chevy Astro. It really is the van that can.

Comparisons based on latest available data.
*With rear seats removed.



THE Heartbeat OF AMERICA TODAY'S CHEVY TRUCK

# Safe as a liquid. Tough as Comet.




You can get that great Comet clean on modern surfaces like fiberglass and stainless steel. There's no worry about dulling scratches, because there are no harsh abrasives in Comet. It's as safe as a liquid cleanser.

But Comet is tough on stains with its famous bleach-powered cleaners.

Try regular or New Lemon Fresh Comet. You'll see why Owens/Corning and Elkay recommend Comet for use on their fiberglass and stainless steel surfaces.

© 1987 The Procter & Gamble Company

# OUR PICKS FOR '88

## THE BEST NEW FLOWERS AND VEGETABLES

By Douglas A. Jimerson and Jane Austin McKeon

**Planning an easy-care garden is a snap when you plant any of the blue-ribbon roses, luscious vegetables, or bold annual flowers featured here. These varieties have proved to be trouble-free in our Test Garden and in trial plots across the country.**




PHOTOGRAPHS: PETER KRUMHARDT

AMERICAN SPIRIT ROSE ▶
The velvety flowers of American Spirit rose will be the center of attention in your rose garden. This hybrid tea is disease resistant.

**TO ORDER AMERICAN SPIRIT ROSE, SEE PAGE 124.**

## BETTER HOMES AND GARDENS TEST GARDEN

The new plants featured in this story were grown last summer in our 60×40-foot, Des Moines Test Garden. Each of them grew remarkably well, even though we had at least two months of extremely hot, humid conditions.

### TEST GARDEN TIPS

- All garden catalogs are not alike. Order a variety of them to help you plan your garden.
- Get a jump on the season with an extra-early sowing of crops like lettuce, peas, or radishes.



Garden editor Doug Jimerson keeps the Test Garden blooming.

# Our Picks For '88

## BETTER HOMES AND GARDENS GREENHOUSE

We start seeds in our greenhouse in mid-March and move them to the Test Garden in mid-May.

GREENHOUSE TIPS

- Moisture is vital to young seedlings. Water gently at least once a day.
- Feed seedlings once a week with a dilute solution of liquid fertilizer.



PERRY STRUSE

Garden editor Jane McKeon tends the greenhouse flowers.

BH&G® TEST GARDEN TESTED

## TWO OF OUR FAVORITES

It's always fun to experiment with new varieties. Order these selections from the W. Atlee Burpee Co., 300 Park Ave., Warminster, PA 18974.



▲ GOLDEN FIREWORKS MARIGOLD

Celebrate summer with Golden Fireworks marigold! Each plant is smothered with 2-inch-wide, sun-colored flowers. Golden Fireworks grows 14 inches tall.



PHOTOGRAPHS: PETER KRUMHARDT

▲ PRINCESS BLUE VIOLA

Midsummer heat didn't stop Princess Blue viola from putting on a flower show in our Test Garden. This pint-size charmer stayed fresh while other violas perished.

BH&G® TEST GARDEN TESTED

# ALL-AMERICA ROSES

For color all summer long choose one of these award-winning roses. All three have won top honors from the All-America Rose Selections, a nonprofit group that evaluates roses in test gardens across the country.

**TO ORDER ALL THREE ROSES, SEE PAGE 124.**



ALL-AMERICA ROSE SELECTIONS

PRIMA DONNA ▶

Treasured by florists for its long, straight stems, Prima Donna is now available to home gardeners. A grandiflora, Prima Donna grew about 4 feet tall in the Test Garden. The deep pink blossoms are 4 inches wide and have a light, pleasant fragrance.



◀ MIKADO

Out-blooming many of the other hybrid tea roses in our Test Garden, Mikado provided us with a constant supply of cut flowers. Mikado's 5-inch-wide blooms are bright red with yellow highlights.

AMBER QUEEN ▶

If you're looking for a rose that smells as good as it looks, try Amber Queen. A hardy floribunda, Amber Queen produces clusters of 3-inch-wide, fragrant, golden flowers. In our garden it was in almost constant bloom and had no disease problems. Our plants grew 3 feet tall.



PHOTOGRAPHS: PETER KRUMHARDT

# Our Picks For '88



PHOTOGRAPHS: RICK TAYLOR FIELD EDITOR: RUTH REITER

Roy Wyatt is our new Southern test gardener.

## BETTER HOMES AND GARDENS SOUTHERN TEST GARDEN

We'd like you to meet Roy Wyatt, our new Southern test gardener. Roy is an experienced gardener who, like our test gardeners in other parts of the country, will be growing many of the same plants we'll be cultivating in our Des Moines Test Garden. Every season we'll compare notes and report the results to you.



Roy grows flowers, fruits, and vegetables.

BH&G® TEST GARDEN TESTED

# 8 ALL-AMERICA WINNERS

Every year the All-America Selections grows flowers and vegetables in test gardens across the country. Those plant varieties that give the best overall performances are awarded medals. Here are all eight of this year's medal winners.



▲ HONEY 'N PEARL SWEET CORN
Extra sweet yellow and white kernels crowd every ear of Honey 'N Pearl sweet corn. This top performer takes 78 days to mature.



▲ SALAD BUSH CUCUMBER
Salad Bush cucumber produces quantities of full-size fruit on compact vines. It's disease resistant and takes little garden space.

TO ORDER All-AMERICA SEEDS SEE PAGE 124.



ALL-AMERICA SELECTIONS

▲ SNOW LADY SHASTA DAISY
Snow Lady Shasta Daisy is unique because it blooms all summer long like an annual flower, yet it's perennial in nature and will survive most winters. Snow Lady grows 10 inches tall.



▲ MEXI BELL PEPPER

Mexi Bell looks like an ordinary bell pepper, but the taste will surprise you. It's the first bell pepper with a hot flavor.



▲ BURGUNDY OKRA

Maturing in just 60 days, Burgundy okra is a good choice for northern gardeners. The dark red pods are large and tender.



▲ SUPER CHILI PEPPER

As good looking as it is edible, Super Chili is an excellent addition to either the vegetable garden or the flower border. Each plant is covered with 2½-inch-long hot peppers that turn from orange to red as they ripen. Super Chili grows 24 inches tall. Sow seeds indoors six to eight weeks early in the spring. Set the plants into the garden after frost danger.



▲ ULTRA CRIMSON STAR PETUNIA

The sky's the limit when you plant Ultra Crimson Star petunia. In our Test Garden this vigorous newcomer was in almost constant bloom, even during a two-week heat spell when temperatures frequently reached 100 degrees F. Sow seeds indoors in the early spring.



PHOTOGRAPHS PETER KRUMHARDT

▲ NEW LOOK CELOSIA

When we planted New Look celosia in our garden, we had no idea that we'd like the green and red foliage almost as much as the long-lasting, scarlet flowers. This hardy plant grows about 15 inches tall and is very insect and disease resistant. Sow seeds indoors in the spring.

YOU CAN WIN! MORE THAN

# $100,000 IN PRIZES

## BETTER HOMES AND GARDENS®



# 1988 HOME IMPROVEMENT CONTEST

## YOU CAN WIN!

**If you're making your home bigger, better, or more beautiful, you could be a winner! We're searching America for the freshest, smartest ideas in home fix-ups.**

## TOP PRIZE: $10,000

. . . Plus the chance to see your home showcased in an issue of *Better Homes and Gardens!* We'll also award:

**TWO $4,000 PRIZES**
for the best-of-show runners-up

**SEVEN $1,000 PRIZES**
for best-of-category prizewinners

**99 CASH PRIZES OF $100 TO $500**
for runners-up within each category.

**PLUS VALUABLE COSPONSOR AWARDS!**

## PICK YOUR CATEGORY

You can win in any of seven categories! We'll give cash awards for large, medium, and small projects in these areas:

- **EXTERIOR FIX-UPS**
- **OUTDOOR IMPROVEMENTS**
- **KITCHEN SHAPE-UPS**
- **BATHROOM REMODELINGS**
- **INTERIOR REDOS**
- **ADDITIONS**
- **WHOLE-HOUSE REDOS**

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any project completed in 1988 is eligible, no matter when it was started, no matter whether you did it yourself or called in the professionals.

So get busy on that project you've been planning! You could be a winner!

## HOW TO ENTER

**1. RIGHT NOW:** Complete and mail the preliminary entry blank below. We'll send you complete details, along with our official entry form.

● **All preliminary entries must be postmarked by October 1, 1988.**

**2. WHEN YOUR PROJECT IS DONE:** Send us the final entry form. (Get a head start now by saving receipts, taking *Before*, *After*, and *In-Process* photos, and keeping floor plans that convey a complete sense of your project.)

● **Final entries must be postmarked by February 1, 1989.**

**3. AND THE WINNERS ARE:** We will notify all winners by mail and publish top entries. See *page 69* for more of our 1986 contest winners. You have a chance to appear next year. BH&G

## PRELIMINARY ENTRY BLANK

**Postmark no later than October 1,1988**

Better Homes and Gardens

HOME IMPROVEMENT CONTEST

Name _____

Address _____

City _____ State _____ Zip _____

**Be sure to check the box(es) that best describes the project(s) you plan to complete in 1988.**

☐ 1.Exterior of house ☐ 2.Outbuildings/property ☐ 3.Kitchen ☐ 4.Bathroom
☐ 5.Interior ☐ 6.Addition ☐ 7.Whole House

**PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM, SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.**

Allow six weeks for final delivery of packet.

**Send to:**
Better Homes and Gardens
Home Improvement Contest
P.O. Box 11418
Des Moines, IA 50336



# THE FUTURE BELONGS TO THE EFFICIENT

All gas furnaces have a primary heat exchanger to warm the air. The Tempstar™ 9580GF has a stainless steel primary *and* secondary heat exchanger for a much greater boost in efficiency, economy and longer life. They're so reliable, we've backed them with LongLife™, a limited lifetime warranty.

Don't allow about 40% of your heat to go up the chimney. Install the Tempstar gas furnace with an energy efficiency rating of up to 95.8% AFUE. Let the Tempstar 9580GF conquer your *inner* space.

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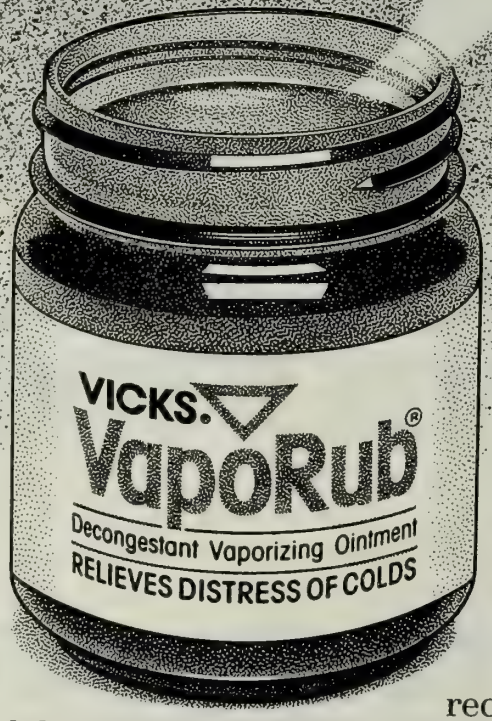
**Rely on the Star**

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**1-800-447-2882**

# Real medicine doesn't just come in a pill.




Everyone knows that it takes real medicine to relieve the discomforts of a child's cold. What you may not know is that pills aren't the only real medicine.

It may surprise you to find that in recent clinical studies, Vicks® VapoRub® was found to provide nasal congestion relief like that found in an oral decongestant.

That means you can give your child congestion relief comparable to that found in a pill. No wonder more and more pediatricians are recommending VapoRub. Nothing will protect your children from colds, but it's nice to know that rubbing in VapoRub is all it takes to provide the quick, effective relief of real medicine.

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Ask your doctor for a sample, or write to: VapoRub Sample Request, P.O. Box 1569, Ridgely, MD 21684. Include name and address on a 3 × 5 card and 25¢ to cover postage and handling. Offer good only in USA. Limit one request per name and address. Offer expires 5/31/88. Please allow 6-8 weeks for delivery.

# CHILD'S PLAY

## THE IMPORTANCE, THE FUN, THE STAGES, THE TOYS



STEVE BJÖRKMAN

By John Rosemond

**From birth to adulthood, kids need play. Adults can show them the way, but then ought to step aside. Here's what you can do to help a child get the most out of playful pursuits.**

### Play guide, not playmate

What should you say when a child asks, "Will you play with me?" It's become fashionable to expect the grown-up to drop everything and join in. Sometimes the adult is the one who wants to play—"Here, let me help you with that sand castle."

Playing with kids is fun, but is it in the best interests of the child for an adult to join in at every chance?

Probably not. When children come to depend on adults to organize their play life, two bad things happen. First, these youngsters have trouble developing independence and self-sufficiency. Second, they get hooked on attention, and crave more and more as they get older.

Does this mean that adults have no part in a child's play? Not at all. Adults can play a number of important roles in the play life of children.

### Infancy

During the first six to eight months of life, children need activities that stimulate all of their senses. Emily's parents talk, sing, and read to the 7-month-old every day. At other times, they bring her things to feel and chew. While they are changing Emily, they nuzzle her tummy and blow on it. They put on records and dance about the room with her. They make silly sounds and goofy faces.

Don't be afraid to act the fool. Your young child will love you for it.



*John Rosemond is a family psychologist, a nationally syndicated columnist, and a regular contributor to* BH&G.

#### QUALITY TIME

For many parents, quality time has come to mean devoting yourself exclusively to your kids between the time you get home from work and the time they go to bed. Parents may even feel guilty if they can't live up to this standard. In fact, however, children need much less attention than we generally assume.

The relationship that most needs quality time isn't the one between parent and child but the one between husband and wife. Even in the single-parent family, it's important for that adult to have time at the end of the day for himself or herself. It really is OK to expect your kids to be off doing their own thing by themselves.

### Toddlers to preschoolers

Jeff, like most three-year-olds, likes the box more than the toy itself. Jeff's grandparents make sure he has plenty of versatile playthings to work with when he visits. Most of these are everyday items like empty spools, old boxes, cast-off pots, even a gnarly stick or two brought in from the yard. Nana shows Jeff how an old appliance box can make a fine house, spaceship, or cave. Papa helps Jeff turn a few sticks and branches into the beginnings of a log cabin. Although they are there if he needs them, Jeff's grandparents encourage him to play independently.

Offer playthings that the child can transform into any number of toys. It's much better for a child to pretend that a box is a car than for a parent to spend $100 for a remote control car.

Reading is a good way to spend time with a child. Between now and third grade, try to spend about a half hour a day reading to or with your youngster.

### Early school years

Seven-year-old Jennette is able to play alone or with a same-age playmate for extended periods of time. Still, she enjoys an occasional game of table tennis with her college-age stepsister. To make the contest fair, however, Lory plays lefthanded.

Kids in this age group enjoy competitive games of all kinds. But it can be frustrating and demeaning for a child to be trounced by an adult who shows no mercy. It is just as demeaning for the adult to lose on purpose, something a child picks up on very quickly. Jennette and Lory enjoy their game much more when they are equally matched.

Children at this age also enjoy ganging up on adults. On occasion, Bill takes on his son and his friends in a game of touch football. The kids enjoy getting the upper hand, and Bill enjoys acting like a kid again, something adults rarely give themselves permission to do.

### Early adolescence

By about age 10, children start forming close relationships with peers and begin to distance themselves from adults. At this age and beyond, shared interests can help an adult and child develop a more mature relationship.

For instance, my son and I began playing golf together when he was 12, and we continue to share this interest. The game gave him a reason to spend time with me that he didn't have to explain or justify to his friends. BH&G

# NO-CHIMNEY FIREPLACE

**Installing a chimney can be a costly proposition. What's more, most conventional fireplaces gobble up warm house air, sending a lot of energy up that expensive chimney. Opt for a direct-vent gas fireplace and you can forget about the chimney *and* those lost energy dollars.**

## HOW THEY WORK

Direct-vent gas fireplaces breathe through a pair of metal pipes—one inside the other—that penetrates the wall directly behind the fireplace. One pipe pulls in fresh, unheated air for combustion; the other exhausts smoke and fumes. Inside the house, the fireplace consists of a sealed heat exchange chamber, with a window that lets you watch the flames through ceramic logs.

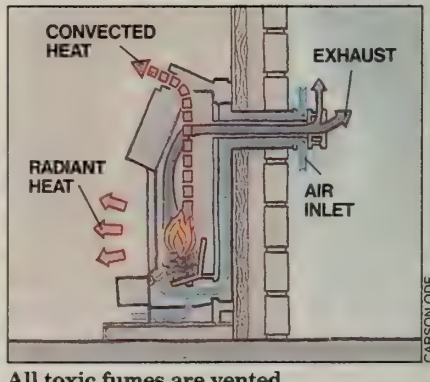


VALOR INCORPORATED

**Valor's Homeflame gas fireplace "stokes up" with the push of a button.**

## AN ENERGY-EFFICIENT SPACE HEATER

Examine the cutaway drawing and you can see how a direct-vent unit supplies a combination of radiant and convected heat from the sealed chamber. Controls let you adjust the heat output, typically from about 4,000 to 15,000 Btus—enough to heat 600 square feet.




CARSON ODE

**All toxic fumes are vented.**

## INSTALLATION BASICS

To install a direct-vent fireplace, you run a gas line to any site on an exterior wall, cut a 7-inch-diameter hole through the wall, set the fireplace on a hearth, cap off the vent, and make the gas connections. Outside, the vent should exit at least 24 inches below eaves or any other overhead projection, and far enough above the ground to exceed the snow level. Or, you can vent into an existing masonry chimney.

## COST INFORMATION

Expect to spend about $1,000 for a direct-vent fireplace, about one-third the cost of a masonry fireplace and chimney. You can use the unit as a supplementary heat source in conjunction with your furnace to warm up to 1,000 square feet, thereby reducing your fuel costs. As with any gas appliance, make sure that the unit you buy conforms to local codes and has been certified by the American Gas Association (AGA) laboratories. BH&G



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*Sandalfoot; Not available in Queen Plus

Indicate your size ☐ Petite to Medium ☐ Medium to Tall ☐ Queen ☐ Queen Plus

Have you bought No nonsense Light Support pantyhose in the last 6 months? ☐ Yes ☐ No

Mail completed order form and $1.00 to:
LIGHT SUPPORT OFFER, P.O. Box 4442, Maple Plain, MN 55348

Void where prohibited or restricted by law. Only one pair per name or address. Mechanical duplicates of this form are not permissible. Please allow 6-8 weeks for shipment.

Name_____

Address_____

City_____ State_____ Zip_____

Phone_____ NN-A

SIZE CHART

| HEIGHT | PETITE TO MEDIUM WEIGHT (LBS.) | MEDIUM TO TALL WEIGHT (LBS.) | QUEEN WEIGHT (LBS.) | QUEEN PLUS WEIGHT (LBS.) |
|---|---|---|---|---|
| 4'11" | 95-150 | | | |
| 5'0" | 95-145 | 146-155 | | |
| 5'1" | 95-140 | 141-165 | | |
| 5'2" | 95-135 | 136-175 | 176-200 | 200-240 |
| 5'3" | 95-130 | 131-175 | 176-200 | 200-240 |
| 5'4" | 95-125 | 126-175 | 176-200 | 200-240 |
| 5'5" | 95-120 | 121-170 | 171-200 | 200-240 |
| 5'6" | 95-115 | 116-165 | 166-195 | 195-235 |
| 5'7" | 95-110 | 111-160 | 161-190 | 190-230 |
| 5'8" | | 110-155 | 156-185 | 185-225 |
| 5'9" | | 115-150 | 151-180 | 180-220 |
| 5'10" | | 120-145 | 146-175 | 175-215 |
| 5'11" | | 125-140 | 141-170 | 170-210 |
| 6'0" | | 125-135 | 136-165 | 165-205 |

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# POSITIVE THINKING

## A POWERFUL FORCE FOR WELLNESS, FOR SUCCESS

By Paul Krantz

**A positive attitude can cure a headache, fight off flu, and improve your golf game. Here's how to put this potent force to work in your everyday life.**




STEVE BJÖRKMAN

**A little imagination can go a long way toward helping you reach your goals for health and success.**

### New thoughts on an old idea

The ancient Greeks believed that health and happiness went together, and modern research seems to support the connection. For example, widows grieving the loss of a spouse have lower immunity to illness than people who are not grieving. Some researchers even claim that mental images can mobilize the body's natural defenses against cancer and other diseases.

You don't need a life-threatening illness to benefit from the new research, however. We asked experts how the average person could use this new research. Here's what they told us.

### Accentuating the positive for good health

Optimism can help you fight off illness, says Christopher Peterson, Ph.D., associate professor of psychology at the University of Michigan. Peterson bases his claim on studies he has performed over the past few years.

In one study, Peterson used questionnaires to divide his test subjects into two groups. People who felt they had control over their situations were labeled optimists. Pessimists, on the other hand, expected the worst, and saw themselves as victims of circumstance.

Peterson found that, over the short term (a month to a year), a confirmed pessimist is twice as likely to experience minor illnesses—the flu or a sore throat, for instance—as an unabashed optimist. Over a lifetime, a pessimistic attitude can lead to more disabling disease and an earlier death than a brighter outlook.

Why the difference? Peterson concedes that no one is sure, but he has found that pessimists tend to abuse their bodies more than optimists. They smoke more, drink more, and get less sleep, for instance.

**Breaking the pessimism habit:** Although an optimistic attitude is more healthful, changing your outlook on life isn't like changing your wardrobe, warns Peterson. However, he says, "people can—and do—change their habits. And pessimism is a habit of blaming fate for your misfortune, of seeing your problems as hopeless."

To break this habit, Peterson advises finding a confidant. It could be a friend or a professional counselor. "You want a person who can tell you when you're not thinking straight about a problem. Look for someone who won't simply commiserate with you," he suggests. Then, whenever things go badly, talk it over. Eventually, you will learn that most problems are solvable. And you'll learn not to worry about things you can't change.

### Keeping stress at bay

Learn to relax on a daily basis, says clinical psychologist George Everly, Ph.D., and you'll find that many of life's little (and big) headaches disappear. Unchecked stress, says Everly, can build into tension headaches or other illnesses allied with stress: stomachaches, ulcers, rashes, and high blood pressure.

Everly, a researcher at Harvard, has found that all of these woes share a common connection: each can be successfully treated by resetting the body's "stress thermostat." The more often you face stress, the more sensitive you become to that stress. Smaller and smaller hassles set your heart racing and your blood boiling and can ultimately lead to a host of stress-related diseases. Through relaxation exercises—and through changes in outlook—you can reset your stress thermostat. The result: Little problems don't get you worked up. "You are in greater control of your mind, your body, and your life," Everly says.

**How to reset your stress thermostat:** Everly uses a variety of techniques in his private practice. Some patients must learn to slow down and develop a go-with-the-flow attitude. Others benefit from relaxation techniques that anyone can practice. For example, sit quietly and comfortably with your eyes closed. Each time you exhale, repeat in your mind the word "relax." "Don't say it out loud," Everly

*continued on page 50*




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038-8

# Read how this Remarkable "Cold Hot" Therapy relieves pain for millions. In minutes.

Many people know that hot baths, heat lamps and electric pads provide fast, temporary relief from stiff, sore aching muscles and minor arthritis pain. What they *don't* know is that cold compresses and ice packs can also be extremely effective. In technical terms, "both heat and cold act selectively on free nerve endings in the tissue and on peripheral nerve fibers to increase the pain threshold."*

While Icy Hot is not a clinical substitute, it does offer its own unique type of cold and hot therapy. It is available as an easy-to-use cream in tubes and jars, as well as a no-mess stick.

**Cold begins to soothe muscle and joint pain. Heat takes over to bring deep down relief.**

As you rub Icy Hot on, menthol, one of its two active ingredients, creates a soothing sensation of coolness that begins to bring relief. In minutes, Icy Hot's second pain fighting ingredient, methyl salicylate, goes to work. You experience a pleasant feeling of warmth from the increased flow of blood to the upper layers of your skin. This dual-action sensation of icy coolness, followed by one of penetrating warmth, is what relieves your pain. It's as simple as that.

**Icy Hot goes to work in minutes. Relief lasts for hours.**

If you, or any member of your family is suffering the agonies of sore, aching muscles or minor arthritis joint pain, put a stop to it at once. Rub in Icy Hot. In less time than it takes to read this message, you will feel its active ingredients begin to bring comforting relief to the affected areas.

So for fast, temporary relief from joint and muscle pain, use Icy Hot, the dual-action pain reliever.

If you desire more information about the use of hot and cold therapies, please write The Arthritis Foundation at Box 19000, Atlanta, GA 30326.




**Rubs on cool. Rubs in warm. Rubs out pain.**

*U.S. PHARMACIST, January, 1987, p. 77


## POSITIVE THINKING

*continued from page 48*

notes. "Just hear it inside your head." Practice 15 minutes a day, five days a week, the researcher suggests, and you'll find that many of life's headaches will soon disappear.

### Imaging your way to better performance

Positive mental images can help you perform under pressure. Images help whether you are making that clutch putt or pitching an idea to the boss.

Psychologist Sharon R. Walters, Ph.D., has helped many athletes improve their performance. Walters uses imagery extensively in her practice. Each image re-creates an entire experience: the sights, sounds, smells, and feelings. For instance, to make practice sessions more meaningful for some young figure skaters, she had them form images in their minds—of the judges, of the crowd—as they skated. To help ballet dancers drop gracefully from toes to a flat-footed stance, she told them to imagine an orange under their heels. They had to slowly crush the oranges as they dropped.

"Visualization alone isn't enough," Dr. Walters explains. "It is just as important to feel the emotions as to visualize the action. The emotions give you the magic spark, an extra burst of energy, and that confident edge."

Dr. George Mount, director of the American Academy of Behavioral Medicine, points out that mental rehearsal before a match can prepare the body to act and help you relax.

Imagery works in many situations that require a performance, notes Dr. Mount, whether at work or at play.

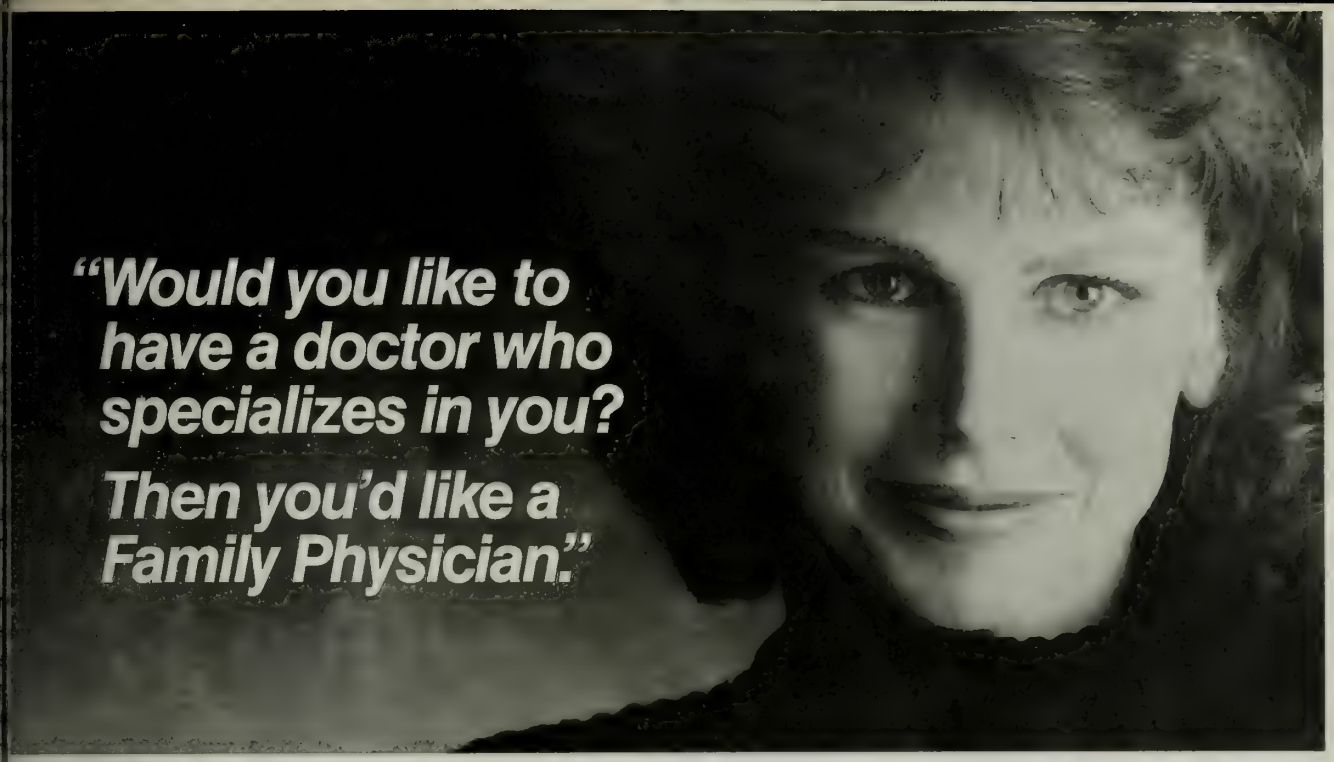
**Picturing yourself as a winner.** Here's how you might use imagery before giving a speech. Close your eyes and see yourself giving the talk. Imagine that everyone is watching with rapt attention. Hear your words come clearly and precisely. When you finish, the audience erupts into applause and cheers. Feel yourself grow warm as you bask in their approval. They are coming up to you and shaking your hand and clapping you on the back. Here them say, "Great speech, wonderful job!" Now open your eyes: You're on!



### BAD ATTITUDE COMPLICATES SURGERY

Your expectations about your surgery may affect your recovery time. Winston C.V. Parris, M.D., an anesthesiologist and director of the Pain Control Center at Vanderbilt University Medical Center, studied healthy women undergoing minor surgical procedures. The women who were the most anxious and apprehensive before the operation were most likely to have minor post-operative pain, nausea, vomiting, and other complications requiring an overnight hospital stay.

"Preoperative patient education, relaxation therapy, and biofeedback could eliminate many of these problems," Parris concludes. "Being well informed about a procedure won't eliminate anxiety, but it can make a difference in expectations."




"I sure do like my doctor. You see, Family Physicians care for the *whole person.* Unlike doctors who specialize only in certain medical areas, Family Physicians give each patient personalized, overall health management. In other words, they specialize in *you.*"

### No doctor can specialize in everything.

That's not possible. But Family Practice does prepare a doctor to work in all the major medical areas. Every day, Family Physicians care for hundreds of thousands of patients—from newborns to grandparents—dealing with almost every kind of health care need people have.

This *is* possible, because most of the needs you and your family normally have simply do not require more specialized knowledge in any one medical area than your Family Physician is qualified to provide.

In fact, Family Physicians need to refer patients to other specialists in only 10-15% of the cases.

### Keeping up-to-date.

Required ongoing education means Family Physicians have to keep up-to-date in new treatments and technology. And Board Certified Family Physicians *must pass* recertification examinations every six years. These Family Practice requirements help to assure continuing quality care for you and your family.

### Saving you money by specializing in you.

Since a Family Physician can handle most of the family's health care needs, it is normally more cost-efficient to have this one doctor than to have separate doctors for mom, dad and the children.

Another saving can result from the Family Physicians' emphasis on providing care in their offices. You will be hospitalized only when your Family Physician believes hospital services are essential to proper management of your care.

Obviously, the greatest economy of all comes from staying well, and Family Physicians really focus on preventive health care.

If you would like to have more information about Family Practice, or assistance in finding a Family Physician in your area, write to: *Family Physicians Care For America, P.O. Box 5311, Kansas City, MO 64131-0311.*

**Family Physician.** **The one doctor who specializes in you.**

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# FITNESS MATTERS

By Gary Legwold



## TOUCH AND GO

*Rubbing you the right way*

Need a pick-me-up after a hard workout? A good rubdow may be just the ticket, according to a Swedish study.

To assess the benefits of an after-exercise massage, Swedish research team compared two groups of trained cy clists. One group received a 10-minute massage after a work out. The other group was told simply to rest.

The cyclists who received the rubdowns had higher muscl strength than the group that rested, suggesting that muscle recover faster with massage.

Physical therapist Nina Ask, of the Karolinksa Institut in Stockholm, says massage increases circulation in muscles which increases the oxygen supply and rate of removal o wastes associated with fatigue.

**Mini-course in massage:**

To strengthen muscles after a workout, Ask used three massage techniques:

1. Two minutes of *effleurage* (light, sweeping touch);
2. Six minutes of *petrissage* (kneading of muscles);
3. Two minutes of *tapotement* (pounding or tapping with th side of the hand).

Ask says massages should be "intense but not painful.' For best results, someone else should massage you.

However, self-massage, even if for less than 10 minute during exercise breaks, probably speeds recovery, but by how much has not been studied, she says.

## SEEING RED

Santa was smart to choose a red work suit. Dr. Scott Hasson of the University of Texas Medical Branch wanted to find out whether the color of your surroundings affected your muscle strength. Dr. Hasson asked his subjects to gaze at various colored lights (or darkness) for 10 seconds. Dr. Hasson found that handgrip strength was greatest after viewing a red light.

It's good that Santa works but one night a year, however. After repeated exposure to the light, the body adjusts and red is dead as a strength-booster.

*—Gary Legwold writes on medical and fitness topics from his home in Minneapolis.*

## WHERE'S THE BEEF?

*Vegetarian runners risk run-down feeling*



Exercisers who eat little or no red meat may find themselves sluggish. The problem, according to Dr. Ann C. Snyder, now with the University of Wisconsin-Milwaukee, is low iron stores. Dr. Snyder found that, compared to red meat eaters, modified vegetarians had only half as much of an important iron compound—ferritin—in their blood. Low ferritin levels are associated with low reserves of iron.

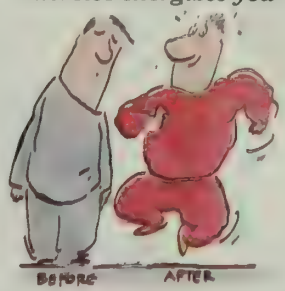
The problem, Snyder suggests, lies in the types of food vegetarians choose. Iron is present in vegetables and grains, but it is a type of iron that's not as readily absorbed by the body as iron from animal sources. Also, vegetarian diets tend to be high in fiber, which, studies show, interferes with iron absorption.

Extra-lean red meat, trimmed of fat, is not unhealthful, says nutritionist Nancy Clark, M.S., a registered dietitian at the Boston-area Sports Medicine Brookline clinic. Lean cuts like eye of round and flank steak, with all visible fat removed, have only slightly more cholesterol than poultry and significantly more iron, says Clark.

However, vegetarians can increase iron absorption without turning to meat. Clark suggests including foods high in vitamin C with meals. Cook in cast-iron skillets and eat fortified cereals and breads, nuts, and legumes that are high in iron. Iron supplements also may help.

## FITNESS FIGHTS FATIGUE

*Exercise energizes you*




Working out can boost your energy level. Harold Kohl of The Institute for Aerobics Research in Dallas studied people who told their doctor that they felt tired all the time. Two years later, those who had gotten fitter reported less fatigue.

Kohl admits that the social aspects of exercise also help relieve chronic fatigue. But don't downplay exercise, he says, which is effective and often cheaper than other fatigue treatments.

*continued on page 54*




# Doesn't your family deserve less?

If your family deserves what's best, it deserves less. Less salt, fats, calories, and cholesterol. By helping your family eat right now, you may be establishing healthy eating habits that will last a lifetime. And, as leading health professionals agree: less is best.

Providing Fleischmann's® Light as part of a sensible diet can help to reduce excessive levels of salt, fat, calories, and cholesterol that many families often consume. Only Fleischmann's Light gives you less of what you don't want and more of what you do want. Great Fleischmann's taste.

Your family deserves what's best.
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If you've got dental work, you've got three great reasons to chew non-stick Freedent Gum.

You probably know that Freedent won't stick to your dental work and that Freedent freshens your breath. But maybe you didn't know Freedent moistens your mouth. So if you hate a dry mouth, chew Freedent Gum.



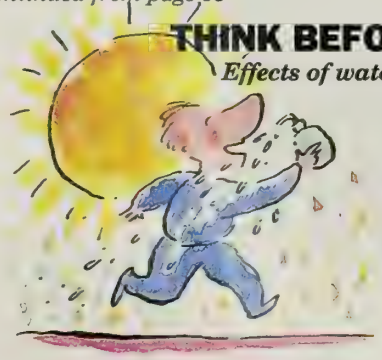

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## FITNESS MATTERS

*continued from page 53*

### THINK BEFORE YOU DRINK

*Effects of water intake take time*

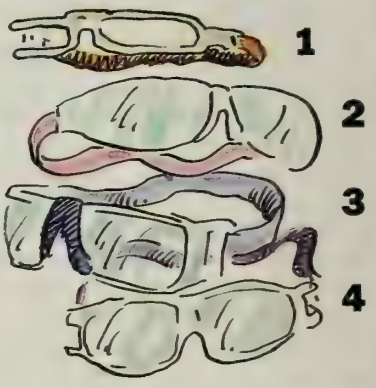


When exercising, whether inside or outside, don't wait until you're thirsty to drink. It takes time for the water you drink to show up as the sweat that keeps you cool. By taking in water continuously during strenuous exercise, you'll ensure that your body has all the water it needs.

U.S. Army researcher Dr. Lawrence Armstrong looked at people working out in 99-degree F. air temperatures. He found that a drink of water took 8 to 18 minutes to reach the bloodstream and then the skin as sweat. According to Armstrong, about 85 percent of body heat loss during exercise is due to cooling that results when sweat evaporates from your skin.

### THE EYES HAVE IT: PROTECTION

*An expert rates four styles*




The handball can be quicker than the eye. No blink or block always protects your eye from a rampaging handball or a swat from a squash racket. That's why protective eyewear is so important.

You can purchase eye protection in many styles. The eyewear you choose for protection will probably depend on what's available, what looks good to you, and what feels best.

You might also want to factor in performance. Dr. Mary Dawson of Western Michigan University has studied protective eyewear and found that some styles seem to work better than others. Her thoughts on four styles:

**Lensless (figure 1):** Affects reaction times least of all styles, but offers the least amount of protection against balls and racquet-edge strikes.

**Wraparounds (figure 2):** Very good protection, but curved lenses may distort peripheral vision.

**Aviator (figure 3):** Good lens design, but rims may partially block vision.

**Semiwraparound (figure 4):** Dawson prefers this type. Relatively flat lenses don't distort vision, and the clear frame offers protection without completely blocking peripheral vision.

Dawson says she's working on a design that includes the best features identified by her studies.

## SLOW BUT SURE

*Elderly who mosey still get fit*



Walking gets an elderly person fit just as fast as jogging. Dr. Glenn Gaesser of Occidental College asked sedentary 65- to 75-year-olds to walk 30 minutes four times a week. Over eight weeks, these folks improved their heart and lung efficiency as much as high-intensity exercisers.

"This really surprised us," says Gaesser. Perhaps, he adds, benefits of high-intensity exercise take more than eight weeks to show in the elderly.

Gaesser notes that in this age group exercise that maintains a pulse of 90–110 usually leads to fitness gains.

**Here's how to get started on a walking program:**

- Be sure to get your doctor's approval before you start.
- Buy comfortable shoes and wear them with cushy socks.
- Don't walk outside on very hot or very cold days.
- Walk with someone. If you are too winded to carry on a conversation, you're walking too fast, says Gaesser.
- Remember that duration and frequency are more important than intensity of the walk.

## SORROWS OF SHINSPLINTS

*There's pain in pronation*



Most serious runners suffer the pain of shinsplints at some time. Many runners blame the problem on the hard surfaces they run on. Now, they may have to blame themselves, as well.

Runners who pronate—a subtle version of "walking on your ankles"—may be causing much of their own problem. While studying slow-motion films of runners, Dr. Stephen Messier, a biomechanist from Wake Forest University, found excessive pronation among those suffering from shinsplints.

Messier says a gait analysis, which costs $50–$200, will generally detect pronation. A simpler way to deduce the problem is to look at the rear of the shoe. There's pronation if the heel counter, the cup that holds the heel, caves inward.

Preventing pronation may mean orthotics (corrective plastic inserts, $175 and up). Often, shoes built with stiffened heel counters or reinforced mid-soles correct the ailment.




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# LOW-CALORIE PARTY DIP

## FAST AND FRUITY



SCOTT LITTLE

Whir together this four-ingredient dip in a blender or food processor.

**You may expect a dip this creamy and sweet to blow your diet, but guess again. This one has a mere 14 calories per tablespoon! Better still, it's delicious and super-simple to make.**

### GINGERED FRUIT DIP

*Pureed banana and cottage cheese make healthful and creamy substitutes for cream cheese—*

**1 cup low-fat cottage cheese**
**1 small banana, cut up**
**⅛ teaspoon ground ginger**
**Milk**
**Orange peel cut into thin 2-inch strips**
**Fresh fruit dippers (such as apple wedges, kiwi fruit slices, or mandarin orange sections)**

In a blender container or food processor bowl combine the cottage cheese, banana, and ground ginger. Cover and blend or process till the cottage cheese mixture is smooth.

Blend in enough milk (about 1 tablespoon) to make the dip of desired consistency. Transfer the dip to an airtight container; cover. Chill thoroughly. Garnish dip with orange peel. Serve with fresh fruit dippers. Makes 1¼ cups.

***Nutrition information per tablespoon dip:*** 14 cal., 2 g pro., 1 g carbo., 0 g fat, 1 mg chol., 0 mg sodium, and 27 mg potassium. BH&G

# A TASTY TRADITION

## RING IN THE NEW YEAR WITH BLACK-EYED PEAS

**Many Southerners say that serving black-eyed peas with pork and rice ensures good luck in the new year. Celebrate this tradition without much work—serve these hearty squares.**



SCOTT LITTLE

A hearty combination of good luck and good eating!

### HOPPIN' JOHN SQUARES

- ½ cup chopped green pepper
- 1 tablespoon finely chopped onion
- 2 tablespoons margarine *or* butter
- 2 tablespoons all-purpose flour
- ¾ teaspoon chili powder
- ¼ teaspoon ground cumin
- 1¼ cups milk
- 1 cup shredded cheddar cheese
- 1 15-ounce can black-eyed peas, drained
- 1 cup cooked brown rice
- ¾ cup diced fully cooked ham
- 2 beaten eggs

Cook pepper and onion in margarine till tender; stir in next 3 ingredients. Stir in milk; cook and stir till bubbly. Remove from heat. Stir in *¾ cup* of the cheese and remaining ingredients. Turn into a well-greased 8x8x2-inch baking dish. Bake in a 350° oven 30 minutes or till set. Top with remaining cheese. Let stand 5 minutes. Cut into squares. Makes 6 servings.

***Nutrition information per serving:*** 439 cal., 25 g pro., 36 g carbo., 22 g fat, 187 mg chol., 640 mg sodium. U.S. RDA: 21% vit. A, 51% vit. C, 29% thiamine, 26% riboflavin, 13% niacin, 36% calcium, 21% iron, 46% phosphorus. BH&G



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New and improved Maragor Dark Roast™ Coffee.




You've never had coffee like this before. New and improved Maragor Dark Roast Coffee. Specially dark roasted, for deep, rich flavor that's smoother than ever. Maragor Dark Roast—from the Taster's Choice® line of superior-tasting freeze dried coffees.

Available in regular and naturally decaffeinated.

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That magical moment when a girl looks into a mirror and sees a young woman looking back...

...much smaller than actual size of 17" in height.

Mirror included at no additional charge.

# SUPERMARKET OF TOMORROW

## KROGER'S NEW STORE SETS THE STYLE

By Nancy Byal




**FUTURESTORE** is your dream grocery store come true.



**THE KROGER GARDEN** of fruits and veggies is "awesome."

KROGER, INC



**CHEFS LEND HELP** in selecting ready-to-cook entrées.

**Found: grocery shopping that's relaxing, enjoyable, adventurous, and not a chore! Kroger, the nation's largest food retailer, redefines shopping at its new FutureStore in Cincinnati. With this picture tour, discover what you can expect as these kinds of stores spread to your area.**

### A feast for your eyes

As you step inside FutureStore, its size (66,500 square feet) takes your breath away, but you quickly begin to sense comfort in the spacious surroundings. "We purposely used a clean, uncluttered layout, varied ceiling heights, and soft colors to create a pleasing store environment," says Paul Bernish, Kroger's Director of Public Relations. "Shelves are eye-level height; aisles are kept clear." Also, the first thing that invites you to shop further is not food at all. It's a fresh flower shop, as resplendent as a European flower market.



**THE FRESH CATCH SECTION** lures you in with more than 60 kinds of fish.



**AT THE FLOWER SHOP,** take a moment to see and smell the wonderful flowers.

### Take a walk in Kroger Garden

At Kroger Garden, the produce section, you discover exceptional quality and variety (more than 300 different fruits and vegetables, according to Paul). Knowing that convenience is important to their customers, Kroger sells nifty precut vegetables, such as carrots and broccoli, in the vegetable section. There's also a novel fresh-juice bar where you can order any combo of fresh-squeezed fruit and vegetable juices, plus a definitive salad bar.

### The entrée (alias meat) center

"Professional chefs work behind the fish-poultry-meat counters in place of the usual butchers," explains Paul. The trendiest fresh meat, poultry, and fish cuts are here. Even more impressive are dozens of ready-to-cook entrées, from sauerbraten to chicken rollatini, that the chefs make daily. The chefs are quick to offer you their culinary expertise, from choosing the best meat cut to offering accompaniment suggestions. After you select your entrée, it's weighed, wrapped, and even labeled with cooking instructions.

### The ultimate deli—and more

Three things make the FutureStore deli unique. No. 1: More variety, including fresh pizza and pasta and an ice-cream parlor. No. 2: Freshness. New salads replace ones more than two hours old. No. 3: Convenience. A separate deli entrance and checkout gets you in and out of the store fast.

"There's as much variety in this store as any combination store in the country," adds Paul. All your basic food needs are here, plus: gourmet cookware; the largest frozen food section in town; a bookstore; a fragrance center; a wine information service; one-hour photo; and even a full-service bank where you can take out a loan.

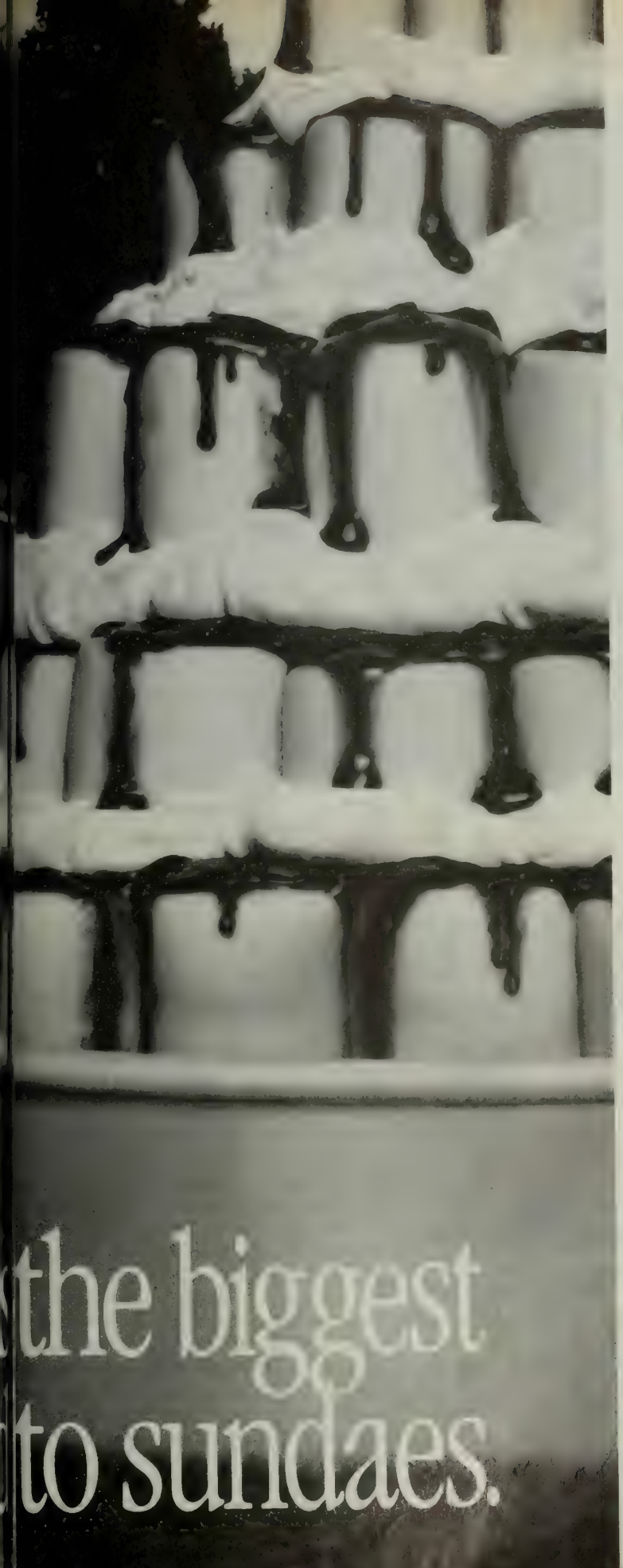


**PRIZE PASTRY** awaits a buyer at the deli.



**GOURMET WARES** serve every special cooking need.


Until now, this was
thing that ever happened




# INTRODUCING COMSTOCK'S SPECIALTY BERRY LINE.

The Andersons thought they'd seen it all. 976 gallons of ice cream. Mountains of whipped cream. A sundae that stood almost 10 feet high.

It was a big deal. Until Comstock® created a new line of berry fillings and toppings: Royal Raspberry, Imperial Blackberry and Berry Patch Strawberry.

Now, sundaes will never be the same.

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Each one picked by hand at the height of the season, so they burst with fresh flavor.

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Nobody, but nobody, puts more blackberries into their toppings than Comstock.

Because we pick tons of them. And the more we pick, the more picky we get about which berries will go into our filling and topping.

## NEW BERRY PATCH STRAWBERRY. THE PICK OF THE PATCH.



Big, juicy, sweet strawberries. The kind that remind you of summers in the country. They're what make our Berry Patch Strawberry filling and topping so special. And your desserts so homemade-tasting.

Ladle some over ice cream. Make a shortcake. Invent a sundae. The possibilities are endless. And so are the suggestions in our Comstock Recipe Booklet.

Send one Comstock label plus $1.00 for postage and handling to: Comstock Recipe Booklet, P.O. Box 71, Newark, New York 14513.




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MONEY

# INTEREST-RATE WOES

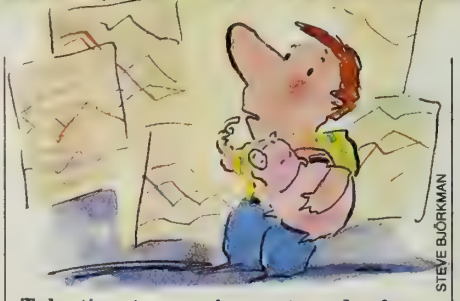
## WHERE SHOULD YOU PUT YOUR SAVINGS NOW?

**With the recent stock-market scare, you may be more interested than ever in parking your savings safely outside the market. But short-term interest rates can be volatile, and long-term trends aren't clear at all. How can you earn top dollar without undue risk?**

### No help from the experts

Until Black Monday last October, many experts were predicting a sharp hike in rates, or at least a steady upward trend. With such a scenario, the smart move would have been to keep savings liquid so you could roll them into higher-paying instruments as rates rose.

After the fall, however, many bets swung in favor of steadying or even declining rates. The question is, for how long? Some gurus predict a significant swell after the elections, in which case liquidity still makes sense. Others believe that the overall trend is down, despite short-term peaks and valleys. If those experts are right, savers should lock in today's rates for a longer term.


STEVE BJÖRKMAN

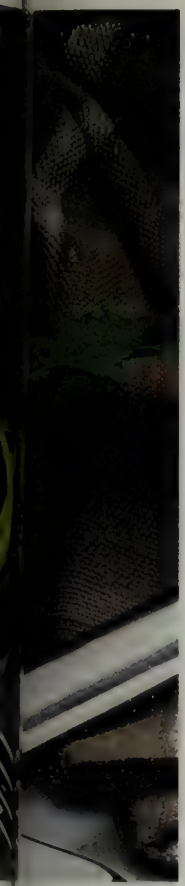
**Take time to examine costs and safety.**

### What can you do?

If the experts can't even agree, how is the poor saver supposed to manage? You'll have to judge the news on your own, but at the least, take a fresh look right away at where you keep your cash and what options are open to you. Even with the uncertainties, there are sound principles to follow:

- Stash at least three months' take-home pay in liquid accounts—ones that let you get at the cash immediately. Choices include **regular checking accounts,** interest-bearing **NOW accounts,** or limited-check **money market deposit accounts (MMDAs)** at banks and savings and loans. Most are covered up to $100,000 by federal insurance, but check to be sure if

ishes. But this is all you need to know.



When you prepare seafood, chicken and lighter foods with Lea & Perrins White Wine Worcestershire Sauce, you can unlock the secret to truly extraordinary dishes.

Its exquisite blend of white wine and the choicest herbs and spices adds a delicate, yet distinctive flavor to lighter foods.

Lea & Perrins, makers of the original Worcestershire for hearty foods, now brings you Lea & Perrins White Wine Worcestershire for lighter foods.




Seafood Pasta Salad

2 cups tri-color spiral pasta, cooked
1 cup cooked shrimp or
1 can (6½ ozs.) tuna, drained and flaked
⅓ cup green bell pepper, diced
¼ cup carrots, sliced
½ cup zucchini, sliced
⅓ cup Lea & Perrins White Wine Worcestershire
⅓ cup mayonnaise
Salt and pepper to taste

In a mixing bowl, combine pasta, shrimp or tuna, bell pepper, carrots and zucchini. Add Lea & Perrins White Wine Worcestershire, mayonnaise, salt and pepper and toss lightly to combine. Refrigerate at least 30 minutes before serving. Serves 4

**For a free recipe book, write to Lea & Perrins, P.O. Box 1579, Ridgely, MD 21681**

that's true at your bank. **Tip:** Figure potential interest against potential costs: minimum balances required, penalties for low balances, and per-check charges. Depending on your check-writing patterns, a no-interest, low-balance account may make sense.

## Longer-term strategies

● Analyze such upcoming big-ticket expenses as insurance premiums or taxes to see when you're likely to need various amounts of cash. Then, stagger your savings flow so that funds will earn the maximum amount before they're needed—in **3-, 6-, or 12-month certificates of deposit (CDs),** for example. **Tip:** Stockbrokers as well as banks, credit unions, and savings and loans now offer CDs, and it's possible to shop across the country for the best deals. Competitive rates are listed each Thursday in *The Wall Street Journal.* Several financial magazines also list these and other rates monthly.

● **New kinds of CDs**—pegged to the Standard & Poor's stock index or the price of gold, for example—are designed to hedge against an uncertain economy. However, you'll pay for the protection with up-front fees or a reduced percentage of return. Weigh the odds carefully.

● **Treasury bills (T-bills)** offer similar maturities to those of CDs, and they're backed by the government. But, $10,000 is the minimum account, with increments of $5,000 thereafter. **Tip:** T-bills are especially enticing in high-tax states, because interest is not taxable on state and local taxes.

## Other possibilities

● Check out higher-paying alternatives for your liquid funds: **Credit union** share-draft (really checking) accounts may pay a bit more than banks; you must be a member of an affiliated group to join. **Money market funds** recently were paying about 6–7 percent. Some require minimal withdrawals of $500, but that makes them a good parking spot for upcoming bigger-ticket items. **Tip:** Set up phone-in privileges so you can transfer funds to regular checking at the last minute.

● Explore **all-in-one asset accounts** with your broker or bank. Many of these accounts "sweep" dividends and other earnings into a money market fund daily. **Tip:** You used to need $20,000 to get started; now, many brokers and some banks offer variations for as little as $5,000.

● Consider **EE savings bonds** for funds you won't need for a few years. The bonds are as safe as Uncle Sam, and though they pay a bit less than some other instruments, their rates move with the market and are guaranteed at 6 percent if held for five years. Present rate is 7.17 percent. Check into tax advantages, too.

● Unless you know something that we don't, keep most savings maturities within the shorter ranges—three to five years, maximum. BH&G

*—By Margaret Daly*

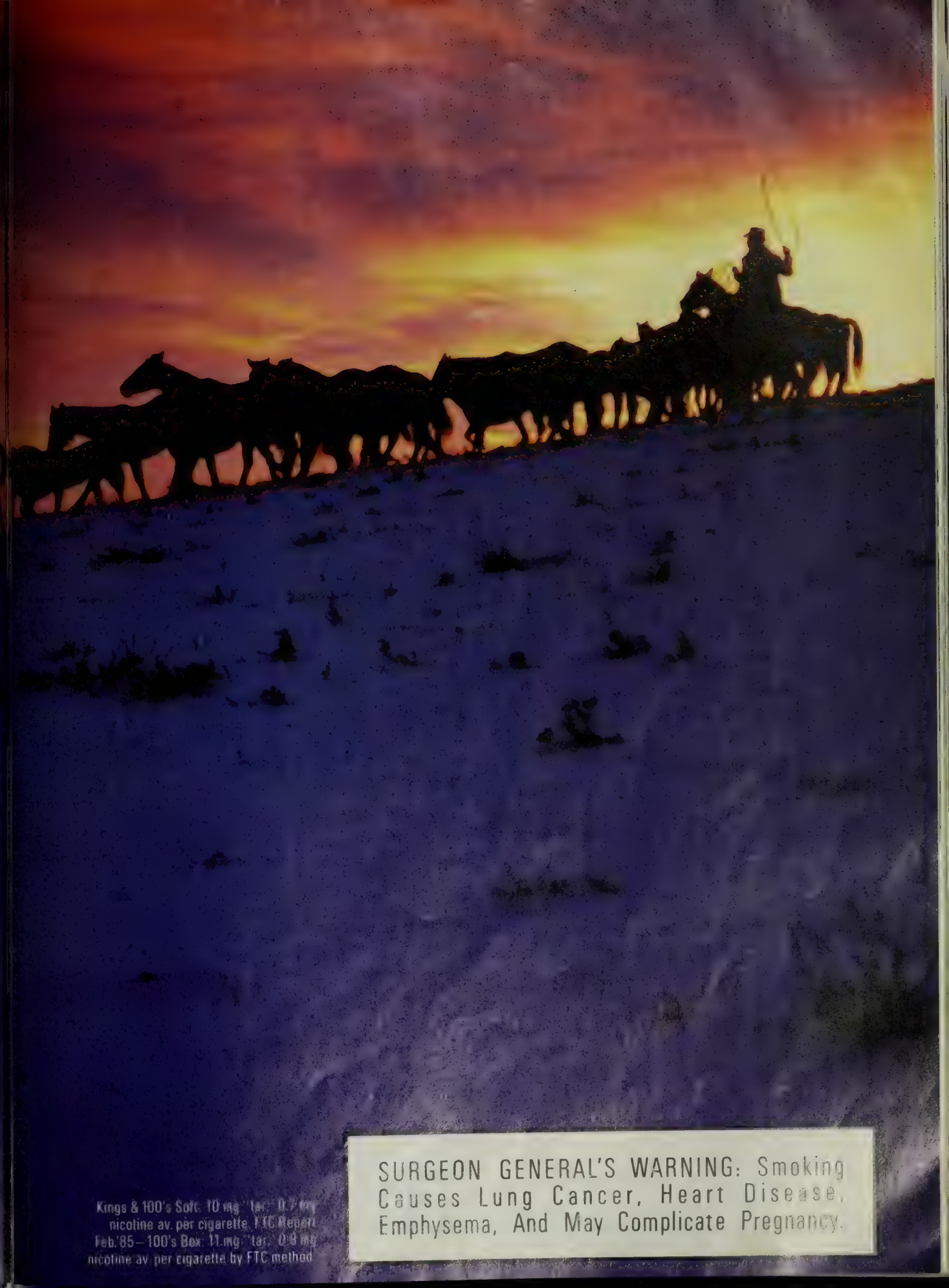
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Kings & 100's Soft: 10 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Feb.'85—100's Box: 11 mg "tar," 0.8 mg nicotine av. per cigarette by FTC method

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Cheese Tortellini Alfredo Accented with Ham & Pea

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**Stouffer's. As good as can be.**




Foods Corporation

# A BUMPED-OUT STAIR BAY

## BUILDING A NEW WAY UP



ARCHITECT HANK BRUCE FIELD EDITOR HELEN HEITKAMP

**WINDOW SEATS** are half the fun of a bay.



PHOTOGRAPHS LAURIE BLACK/ROSLYN BANISH

**A BOLD BAY** adds dramatic appeal to the exterior.

**BAYS ARE BACK! BAY WINDOWS ADD DIMENSION AND CHARACTER TO TODAY'S REMODELINGS JUST AS THEY DID TO YESTERDAY'S NEW HOUSES. INSIDE THIS TWO-STORY BAY, A STAIRWAY LEADS TO THE SECOND LEVEL OF A NEWLY TOPPED-OFF RANCH.**

### MOVING ON UP

Adding a second story turned this typical ranch into a house for the '80s. The remodeling resulted in a big new bath and three bedrooms upstairs. Rather than tuck the access to the new second story in some back closet, the architect chose to make it a prominent feature of the new look.

The bumped-out stair bay repeats the style of the new kitchen bay beside it. The wall they share extends 5 feet from the original structure, allowing for a new covered entry and providing more interior space.

### THE INSIDE STORY

Inside, the bay accommodates a 4½ × 2-foot window seat at the landing level. Tall casement windows open on each side of fixed panes to admit cooling breezes. The windows also provide natural light to the stairwell and to the upper and lower hallways. BH&G




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**See the new Performance Plus disposers at your In-Sink-Erator dealer.** They're built better. Designed better. And backed by our most extensive warranties ever. For replacement or kitchen remodeling, they're your best choice.




*No purchase necessary. If you win, your In-Sink-Erator dealer also wins an identical trip or prize. Sweepstakes ends April 15, 1988. Rules available at participating In-Sink-Erator dealers. Void where prohibited. Cunard Countess is of British Registry

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*Built better. Backed better.*

# QUIET DECORATING

## STYLISH RESTRAINT MAKES A BOLD STATEMENT

**SOMETIMES THE MOST IMPORTANT RULE IN DECORATING IS KNOWING WHEN TO QUIT. TAKING ITS CUE FROM THE SERENE SURROUNDINGS, THIS DINING ROOM'S PLEASANT STYLE STEMS FROM SIMPLICITY.**

### SUBTLE SENSATION

A dining room with petite dimensions (this one measures 10×12 feet) demands a subtle decorating approach. Here, earthy colors and unpretentious furnishings are a natural tie-in to woodsy surrounds. Undressed windows link interior and exterior landscapes to cultivate a peaceful atmosphere.



ALEX BEATTY

**Subtle and serene, this room benefits from a light touch.**

### SIZING IT UP

Besides knitting the room to the great outdoors, a no-frills scheme visually expands a tight space. Creamy walls seem to recede. Limiting wall decoration sizes up a small space, too; there's nothing there to stop the eye. Also coated with cream, a flip-top window seat makes maximal use of minimal space. Bare-bones furnishings—modern chairs and a farm-fresh pine table—complete the minimalist design recipe and add a dash of personal style. BH&G

Architect: Robert E. Swain
Field editor: Estelle Bond Guralnick




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M E R I L L A T

# LONDON

## FOR THE WHOLE FAMILY

Story and Photographs by Dave Toht



**THE TOHT FAMILY** on a side trip outside London (Dave and Rebecca with Adam, 14; Ben, 7; Betony, 10).

INSET PHOTO: DAVID FRAMPTON. ALL OTHERS, DAVE TOHT

**PARLIAMENT BUILDINGS AND BIG BEN** were almost as much fun to visit as London's toy shops (*below*).

***Careful planning and budgeting can make this two-week dream vacation come true.***



***The sights and sounds of London will remain in your children's memories forever. Yet, a trip there is easy, safe, and inexpensive. We took our family of five to London, traveling off-season at a cost of just $850 per person. That included everything—airfare, lodging, meals, some modest shopping, even a 5-day driving trip into the English countryside.***

*Dave Toht is the editor of* Remodeling Ideas, *a* Better Homes and Gardens® *Special Interest publication.*

### HOW WE DID IT

● **Planning:** Before the trip our family carried away stacks of library books on London. The kids earned spending money with book reports. (Based on this reading, Betony surprised us during one of our London breakfasts with an involved lecture on the origins of marmalade.) Rebecca and I used travel guides to plan our trip down to the day. We freely deviated from the plan, but it was invaluable for keeping to the budget and working in everyone's favorite sights. Phoning from the U.S. to make reservations saved us a lot of confusion.

● **Getting there:** We took the kids out of school extra days around spring break to take advantage of low-season airfares. "Low" season is November 1 through December 11 and December 25 through March 31. Our round-trip adult fare with British Airways was $570, including a flight from Des Moines to Chicago, our "gateway" city to London. (A ticket in summer costs $744.) Airfares for children 12 and under are two-thirds the adult cost.

● **Lodgings:** We stayed in a pleasant bed and breakfast (B&B) hotel. The bathroom was down the hall, the TV was in the lounge, but at less than $14 per person, per night (including breakfast), we had no complaints.

● **Getting around:** Travel in London is easy, thanks to an efficient subway

*continued on page Z7*

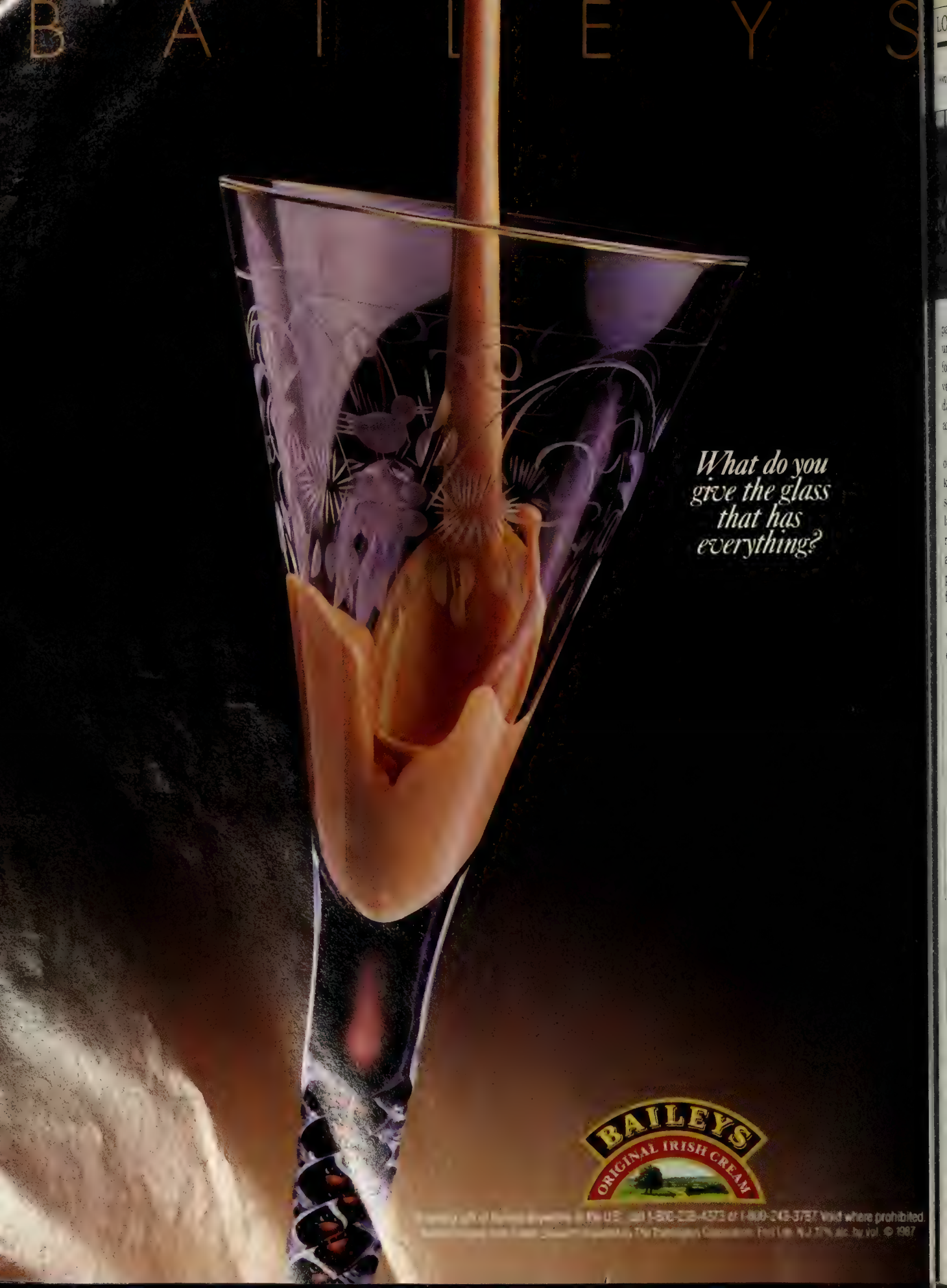



*A lamp of exquisite sophistication. A tasteful lamp. Utterly beautiful. Quietly splendid. A lamp to enrich your spirit while it brightens your life. It's a Stiffel, of course.*

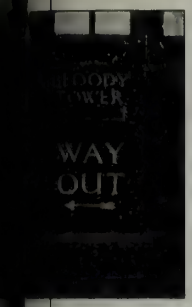
Stiffel

*Take a closer look.*

*Stiffel Showrooms: Dallas, High Point, New York* © 1987 The Stiffel Company


BAILEYS
What do you give the glass that has everything?
BAILEYS
ORIGINAL IRISH CREAM

*continued from page ZA*




system. The Tube, as it is affectionately called, is fast and easy to negotiate. If you're not in a rush, try touring the city aboard London Transport's red double-deck buses. Our kids always sought out a front seat on the top deck for a thrilling ride with a great view. A Travelcard pass (sold at Tube stations) gives you unlimited trips on both Tube and buses for about $2.75 a day. If you want to venture beyond London, BritRail has day trips to Bath, York, Canterbury, and other famous sites.

● **Meals:** A hearty English breakfast of cereal, toast, tea, eggs, and bacon kept us fueled until afternoon. We conserved funds by making a late restaurant lunch our main meal. A nightly stop at a supermarket got us a supper of bread, cheese, and fruit to eat in our room.

● **Shopping:** One of the world's most cosmopolitan cities, London offers shopping for every taste. Your first stop should be Harrods, the city's giant department store with everything from gourmet foods to rare pets. Throughout the city, American visitors buy toys and china at bargain prices.

## WHAT TO SEE

● **The Tower of London:** The famous 11th-century fortress was once the scene of numerous political executions, and Yeoman Warders weren't shy about emphasizing the Tower's history during our entertaining and educational tour. You'll see the Crown Jewels and suit after suit of medieval armor.

● **Westminster Abbey:** Nine hundred years old and overlain with fine marble, the massive church contains the coronation chair on which every British monarch since 1300 has been crowned. Buried in crypts inside the church are Geoffrey Chaucer, Isaac Newton, Charles Dickens, G. F. Handel, and Queen Elizabeth I.

● **The British Museum:** Our family could have spent days within this huge building following the entire course of Western civilization. You may want to pick out one or two collections to focus on. *Good bets:* The Rosetta Stone, Elgin marbles, ancient copies of the Bible, and the collection of Greek antiquities.

● **Buckingham Palace:** Crowds may keep you from seeing much of the changing of the guard, but the marching bands and the regal mounted policemen are truly impressive.



**TRAFALGAR SQUARE,** the London equivalent of New York's Times Square, teems with visitors and pigeons.



**CITY OF PAGEANTRY,** London may surprise you with a glimpse of royalty and visiting heads of state.

● **Cabinet War Rooms:** In this timbered and undergirded warren of rooms, Churchill's cabinet directed the defense of London during the early days of World War II. Virtually unchanged in the last 40 years, the War Rooms are a vivid reminder of London's finest hour.

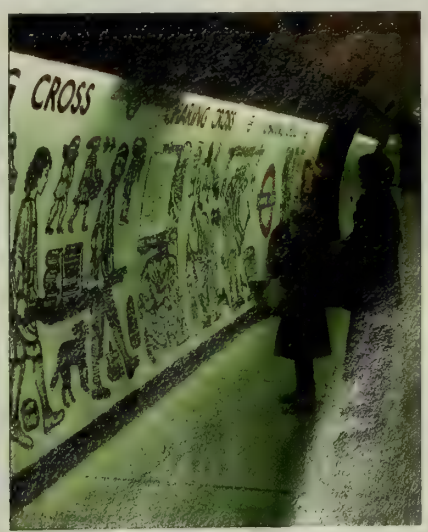
● **Kensington Palace:** The London home of Prince Charles and Princess Diana is worth a visit for its lavish exhibit of court dress.

● **Hyde Park's Speakers' Corner:** As long as you don't blaspheme or incite riot, you may stand on a soapbox (to rise above British soil) and hold forth on any subject you choose. Sunday mornings, you'll find a wild miscellany of characters. The speakers (and their equally talented hecklers) provide hours of entertainment.

● **The theater:** London's numerous theaters premiered *Cats, Les Misérables,* and many other productions that eventually wound up on New York's Broadway. Happily, ticket prices go for as little as $6.50. The half-price ticket booth in Leicester Square is really no bargain; only the most expensive tickets to a limited selection of shows are offered. Try the Young Vic Theatre, long a forum for children's plays. The child actors we saw more than lived up to London's high standards of drama (the total cost for our family was just $12.15). Check the magazine *Time Out* for complete London entertainment listings.

● **Greenwich:** Located just down the Thames river and reachable by boat or bus is the home of the Old Royal Observatory. The National Maritime Museum, the clipper ship *Cutty Sark,* and Sir Francis Chichester's world-roaming *Gipsy Moth IV* will make Greenwich worth a visit.






**FAST AND EASY TO RIDE,** the London Tube is a subway that gets you where you're going, offering sights of its own.

## FIND OUT MORE

Write: ***British Tourist Authority, 40 W. 57th St., Dept. BHG, New York, NY 10019 (212/581-4700).***




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# THE GREAT PRETENDERS

## NEW OUTLOOKS IN WINDOW BLINDS



**ALMOST ADOBE.** This Graber blind warms panes with the look of desert clay.

**THE LOOK OF STONE HAS BEEN REEXCAVATED AND DOMESTICATED ON NEW WINDOW DRESSINGS. TODAY, YOU CAN PURCHASE BLINDS THAT MIMIC GRANITE, ADOBE—EVEN TORTOISESHELL.**

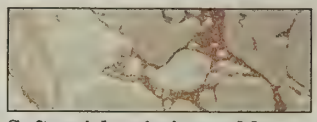
### FAUX TO GO

Surfaces that pretend to be something they're not enliven homes with playful patinas. Now, faux finishes are turning up on everything from window blinds with the sprayed-on sheen of marble to counters with the laminated-on gloss of granite.

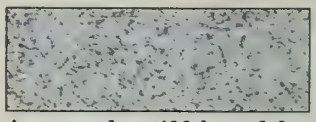
New window treatments in touch-me textures come in vertical and horizontal varieties. Graber's Odyssey collection of vinyl vertical blinds includes faux granite and marble. In the Fantasy Finishes collection, Levolor Lorentzen has grained and veined blinds to look like such stately stones as lapis lazuli and malachite. (Sold through interior designers.) These faux-finish blinds create focal-point panes that add impact to both classical and contemporary decors. BH&G

### OLD ROCKS IN NEW ROLES

*Graber's Odyssey line*



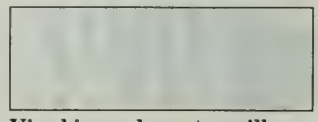
Soft swirls mimic marble.



A sponged motif fakes adobe.



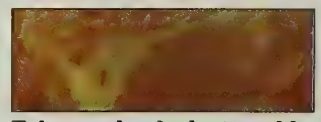
Random dots act like granite.



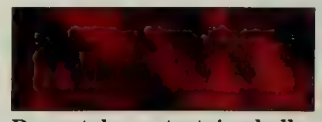
Vinyl is as elegant as silk.

### BLIND AMBITIONS

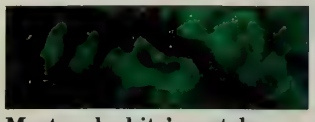
*Levolor Lorentzen creates Fantasy Finishes*



Take another look at marble.



Panes take on tortoiseshell.



Meet malachite's match.



Mottled blue copies lapis.

Photograph: Perry Struse
Samples courtesy of Graber Industries and Levolor Lorentzen



# DESIGN *freedom*



## EXCITE YOUR IMAGINATION WITH HABERSHAM PLANTATION

*With fresh new looks in timeless designs, Habersham Plantation gives you real freedom to create the look you want in your home.*

*Habersham Plantation is America's foremost maker of American country furniture. Each piece is finely crafted and hand finished in the style of America's greatest 17th and 18th century artisans. Plus we've added the striking colorations of contemporary America!*

*Choose from 17 rich finishes including five natural wood stains. Plus japanning, folk art painting and combination finishes for a truly unique look.*

*Over 300 distinctive pieces are available to excite your imagination!*





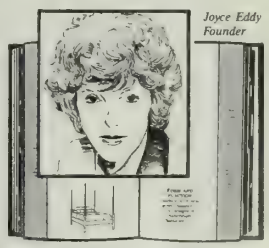




## BECOME AN INSTANT EXPERT ON AMERICAN COUNTRY FURNITURE

*The more you know about furniture, the easier it is for you to make the right decisions when it comes to your home.*

*LIVING AMERICANA, The Collector's Reference Book, tells you everything you'd like to know about authentic American Country furniture. What to look for in quality construction features. Classic design elements. Plus historical information and interesting anecdotes on the furniture shaped along with the country. And you'll see the entire line of Habersham Plantation reproductions in full color. Now only $12.*




*INCLUDES $250 worth of REDEEMABLE CERTIFICATES good for purchases of Habersham Plantation furniture. Where can you get LIVING AMERICANA? See next page...*

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HOME IMPROVEMENT CONTEST

# THE BETTER HOMES AND GARDENS HOME IMPROVEMENT CONTEST WINNERS!

## YOU DID IT!

Congratulations to more than 100 winners who shared $100,000 in prizes—and thanks to all who entered our contest. In the November 1987 issue we showed you the three Grand Prize Winners. On the following pages you'll see six other First Prize Winners. And on *page 42*, you'll find out how *you* can be a winner in the next contest!



The Better Homes and Gardens Building Editors

Joan McCloskey
Barbara Lewis
Greg Cook
David Freedman

FIRST PRIZE $1,000 WINNER

HOME IMPROVEMENT CONTEST

# WHOLE-HOUSE REDO

## BRIGHT, WHITE, AND AIRY

**In 1984, the Reeds purchased 100 feet of prime shoreline and a rundown house. Investing $80,000 in remodeling has increased the resale value of their property by $100,000.**



Stan, Gayle, and kids

HEDRICH/ BLESSING

*"We always wanted to live right on Lake Monona. When the perfect lot came up for sale, we figured we could improve the dilapidated, sixty-year-old house."*

—THE REEDS, Madison, Wisconsin

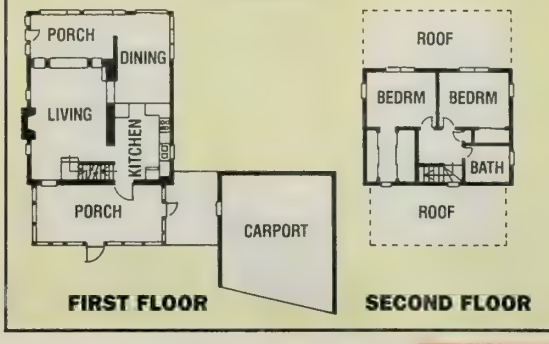





FIELD EDITOR: MARGARET ANN FOWLER. DESIGN: STAN REED AND RICK PARFREY

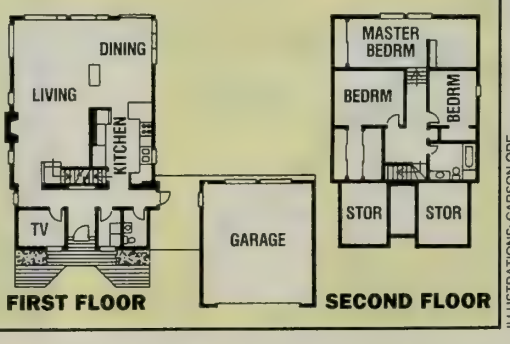
### FROM DATED TO DRAMATIC

The Reeds created an entry to give the house importance. Its roofline reflects the pitch of the new and steeper roof that spans the main portion of the house. To spark the crisp white symmetry, Stan and Gayle painted their front door fire-engine red.




### IMPROVED FLOOR PLAN

Downstairs, Stan and Gayle moved the entrances to both the kitchen and living room for an easier flow of traffic. Upstairs, the couple added a modestly scaled but much-needed master suite that overlooks the lake.




ILLUSTRATIONS: CARSON ODE

YOU COULD WIN, TOO!
SEE PAGE 42.






**LIVING ROOM**

To play up the view of the water, Stan and Gayle removed cedar support posts that had cut the living room in two. Larger windows across the far wall showcase the many moods of the lake.

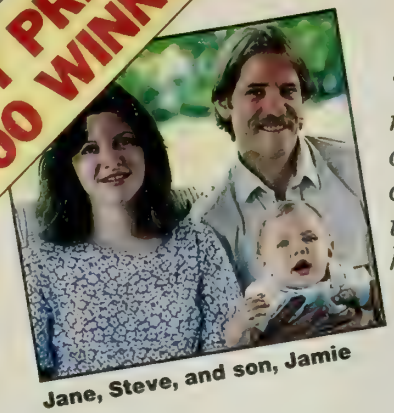





**KITCHEN**

The Reeds sealed off an unneeded doorway to gain more perimeter work area in the kitchen. Because the original cupboards were structurally sound, Gayle and Stan were able to resurface them in sleek white laminate—completing their kitchen face-lift within budget.

FIRST PRIZE
$1,000 WINNER



Jane, Steve, and son, Jamie

*"We wanted to restore the original character and integrity of our house."*
—THE RONDEPIERRES

HOME IMPROVEMENT CONTEST

# EXTERIOR FIX-UP

## RESTORED GLORY

**Working from old photographs of their 1892 Queen Ann house, Steve and Jane Rondepierre lovingly returned it to its former glory. They reconstructed the upper and lower porches, and added a gazebo.**

PHOTOGRAPHS: D. RANDOLPH FOULDS FIELD EDITOR: ESTELLE BOND GURALNICK




The house in 1984, before restoration work began.



Steve uses his drill press to reproduce the fretwork.




The locations of the original porches are revealed.

### ◀ INTO THE PAST

Located in the historical McKnight neighborhood of Springfield, Massachusetts, the house had been modernized over the years. When Steve and Jane bought it in 1984, the porches were gone and the house was covered with aluminum siding (*above left*). First the couple obtained a $5,000 historic-preservation grant from the city planning department to help cover the $30,000 cost of restoration. Then they removed the siding and awning (*left*) and demolished the cement stoop and steps. Hints of the original exterior lay hidden under the siding.



### ▲ CRAFTSMANSHIP

With a carpenter's help, Steve faithfully reproduced handrails, circular fretwork, brackets, and columns that showed up in old photographs of the house. He spent about 100 hours making just the fretwork.

YOU COULD WIN, TOO!
SEE PAGE 42.









### CONSTRUCTION

After replacing broken clapboards, windowsills, and gutters, the Rondepierres hired a contractor to build the new porches and gazebo. He had the posts specially milled to match an original that had been saved.

When construction was completed, the contractor primed the entire house (*left*). After thorough research into the house's history, Steve and Jane selected the finishing touches: fish-scale shingles and authentic Victorian colors.

### PRIDE

"The project generated a lot of excitement in the neighborhood, and our friends' responses kept us going," says Jane. "We enjoy being on the porches, and we feel very proud of them. The upstairs porch is a private place for us, while the downstairs porch is for sharing with neighbors and friends."

Says Steve, "When I first looked at the photos of the fancy Os of the fretwork, I didn't know whether I'd be able to do the work. But I found I could. The sense of accomplishment is tremendous."

FIRST PRIZE
$1,000 WINNER



Janice Rogers

*"I picked up some great bargains at garage sales and did most of the work myself."*

—JANICE ROGERS, Columbus, Ohio

HOME IMPROVEMENT CONTEST

# REDECORATING
## COUNTRY COMFORT

**Beginning with a yellow chintz sofa a friend had given her, Janice mixed a few good pieces with secondhand treasures picked up along the way. She tied her winning scheme together with faux painting, giving new life to a tired coffee table, and crafting an inexpensive fireplace surround out of panels painted to resemble marble.**



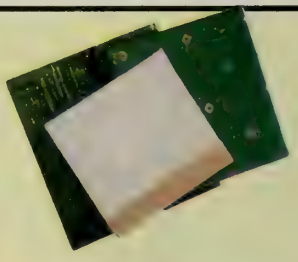
PHOTOGRAPHS: AL TEUFEN. FIELD EDITOR: ESTELLE GURALNICK. DESIGN: JANICE ROGERS

### ORIGINAL STYLE STATEMENT

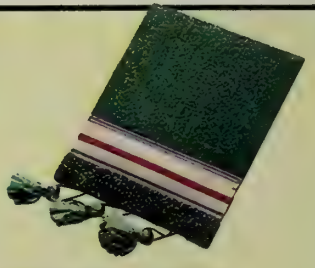
Because she has a busy career, Janice uses her living room mostly at night. To create an air of coziness, she melded richly textured details into a warmly enveloping whole. Here are a few of the design elements that make her plan sing.



● Polyurethane seals the faux-painted, tortoiseshell coffee table.



● Grass cloth on the walls contrasts with jacquard and moiré fabrics.



● Layers of colorful grosgrain ribbon trim the swag draperies.

YOU CAN WIN, TOO!
SEE PAGE 42.

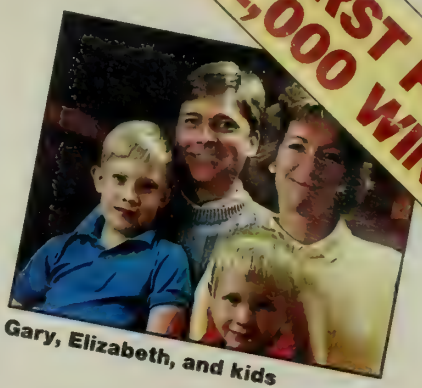
HOME IMPROVEMENT CONTEST

FIRST PRIZE $1,000 WINNER

# BATHROOM REMODELING

## ROOM TO GROOM

**Creating a family bath took top priority after the Petersons moved into their 20-year-old, four-bedroom ranch house. The bath they already had was too small, so they converted a 10×12 bedroom, starting from scratch. By doing everything but the plumbing themselves, this family kept the total cost to about $5,000.**



Gary, Elizabeth, and kids

*"Giving the kids baths is a family activity at our house. Now we have space to breathe!"*

—THE PETERSONS, Troy, Michigan



PHOTOGRAPHS: WM. HOPKINS, FIELD EDITOR: MARGARET ANN FOWLER

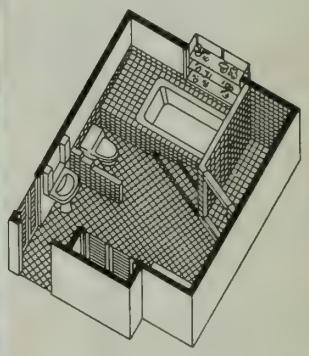


ILLUSTRATION: CARSON ODE

**▲ BED TO BATH**

Rather than redo the existing bath, the Petersons remodeled their extra bedroom to get more space.

**◀ WHAT THEY DID**

The Petersons added new plumbing runs to serve sink, toilet, tub, and shower. A skylight in the newly opened ceiling creates an airy feeling, boosted by the existing 4×4-foot garden window.

### ONE FAMILY'S PERSONALIZED PRIVY

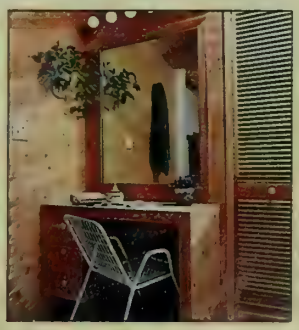
A remodeling gives you the chance to play with surface materials and express your own individuality. The Petersons' favorite vacation spot in northern Michigan provided the inspiration for the cedar board interior—happy memories included.



● Plumbing extends from the toilet to pedestal sink on the same wall.



● The small toilet occupies a private reading nook, complete with magazine rack.



● The family's cedar vanity flanks storage for bath supplies.

YOU CAN WIN, TOO!
SEE PAGE 42.

FIRST PRIZE
$1,000 WINNER



Kevin and Laurel Lichtfuss

*"We gained 160 square feet of living space with no additional heating cost."*

—THE LICHTFUSSES, De Forest, Wisconsin

HOME IMPROVEMENT CONTEST

# ENERGY-SAVING PROJECTS

## SAVVY SUNSPACE

**Sunlight radiating through the glass panels can produce a net heat gain of 17,000 Btus per hour on a sunny day. Special ducting hooked up to the living room fireplace warms the room on cloudy days—a thermostatically equipped furnace return controls the temperature. Kevin and Laurel did all the work themselves, spending $5,260.**



PHOTOGRAPHS: JIM HEDRICH, HEDRICH/BLESSING. FIELD EDITOR: MARGARET ANN FOWLER

### ◀ ENERGY-SMART BUILDING

Built on an insulated foundation, the sunspace stores heat in an unglazed quarry tile floor and the masonry chimney.

### ▼ SITED FOR THE SUN

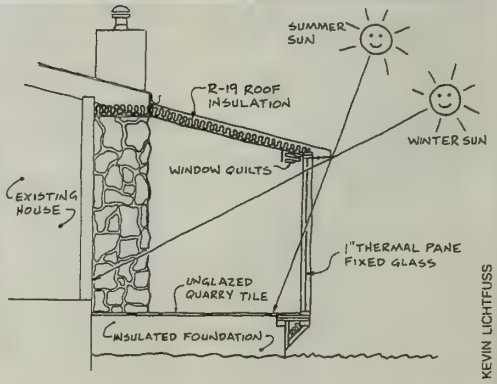
Low-slanting winter sun fills much of the south-facing sunspace. With a fire going, the fireplace heats the sunspace through a warm-air register.

In the summer, the roof overhang shields all but 12 inches of the quarry tile from the higher and hotter summer rays. Operable casement windows provide ventilation.



### ◀ RELAXING SOAK

The spa is the centerpiece of the new sunspace. For privacy and heat retention, batted window coverings lower to shield the double-pane glass.




KEVIN LICHTFUSS

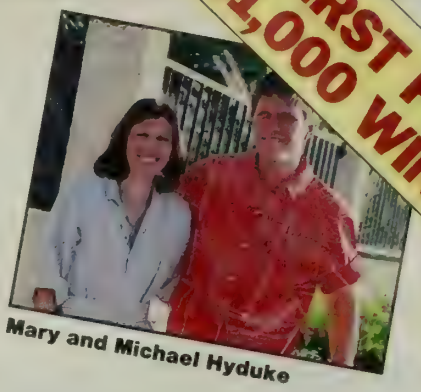
YOU CAN WIN, TOO!
SEE PAGE 42.

HOME IMPROVEMENT CONTEST

FIRST PRIZE $1,000 WINNER

# OUTDOOR IMPROVEMENTS

## LAKEFRONT LANDSCAPE

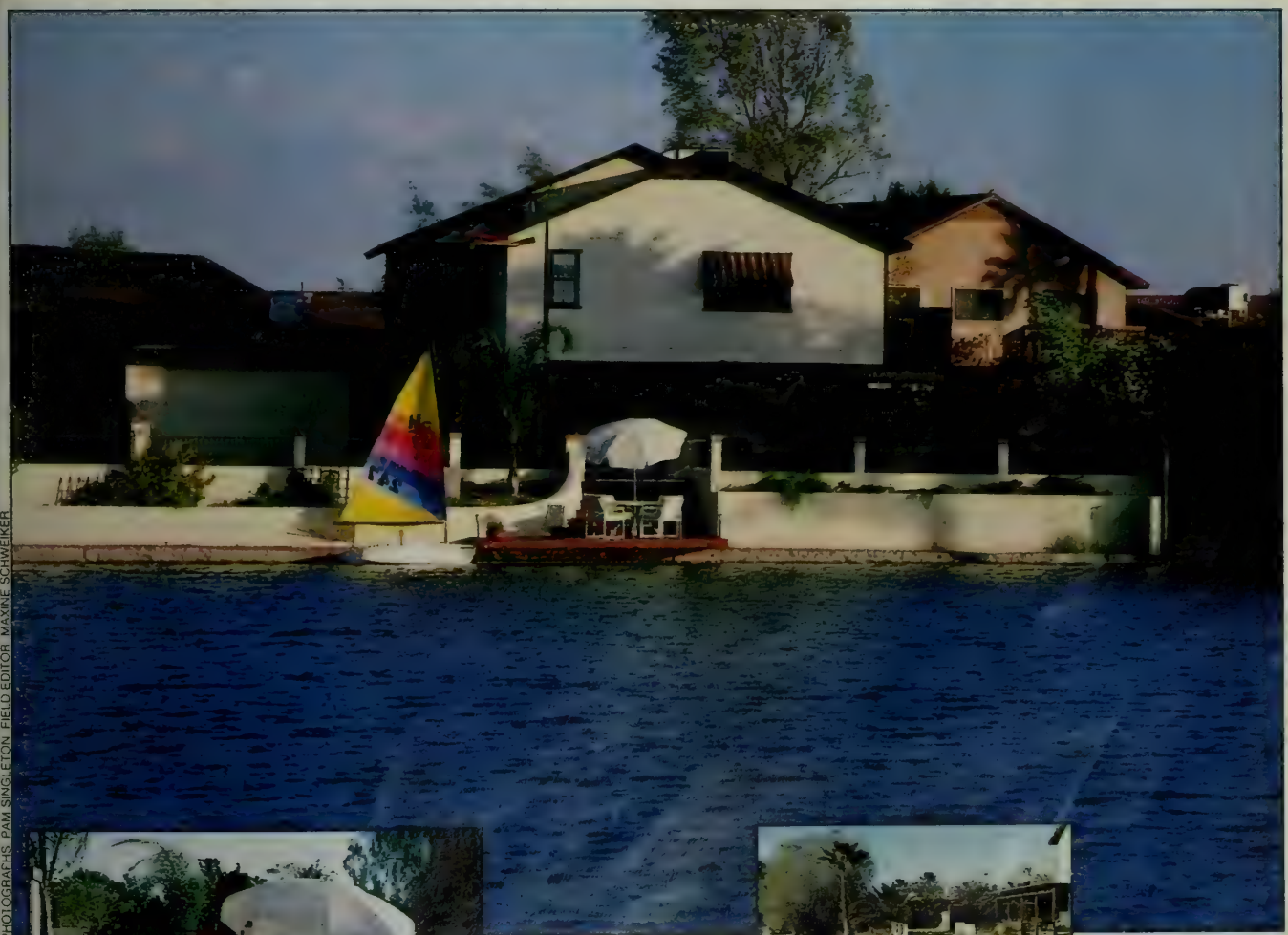


Mary and Michael Hyduke

**When the Hydukes bought their house, the backyard was gravelly and lifeless. With help from some handy friends, the couple created a waterfront living area and enclosed it with stucco walls that complement the house's lines and color. Using their own design and labor, Mike and Mary spent $6,145 on the project.**

*"We do a lot more entertaining outdoors, now that we've completed this project."*

—THE HYDUKES, Mesa, Arizona



PHOTOGRAPHS: PAM SINGLETON, FIELD EDITOR: MAXINE SCHWEIKER



**THE DECK**

An 18×12-foot redwood deck rests on concrete footings and projects over the water's edge. Gardens thrive between the walls.



**THE WALLS**

Mike and Mary built cement-block walls (shown under construction, *left*) and covered them with stucco. Along the inner walls is a security fence.

YOU CAN WIN, TOO!
SEE PAGE 42.


Better Homes and Gardens.
DESIGNS FOR BUTTERICK

# SEW-IT-YOURSELF DECORATING

By Denise L. Caringer and Robert E. Dittmer

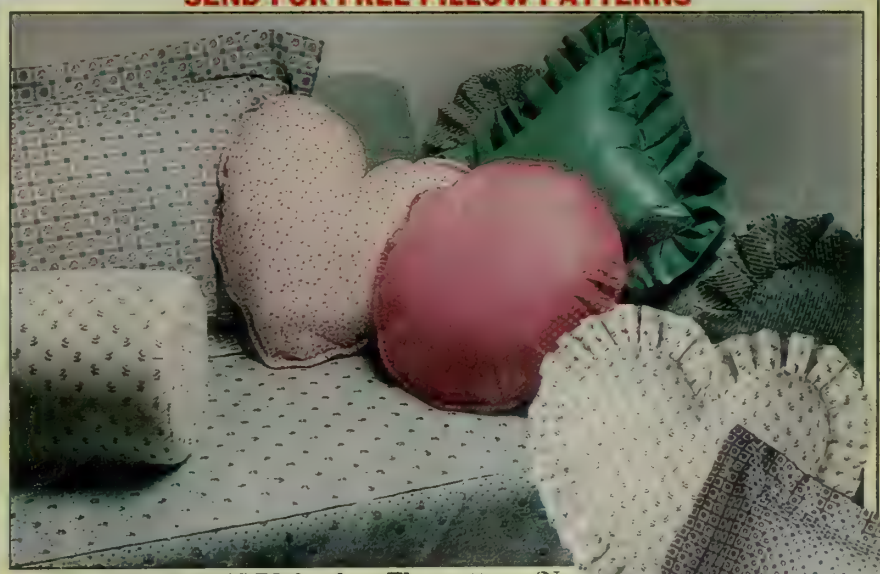
Sew easy! Our new *Better Homes and Gardens-Butterick* patterns and *Waverly*'s fabric coordinates make decorating a snap. Visit your fabric store or get the patterns from us (the pillow package is free), then get sewing!

## FABRICATE A NURSERY

◀ **THE NURSERY PACKAGE** (pattern No. 6041) makes the baby's room comfortable for parents, too. With a tailored cover and a dust ruffle, an ordinary twin-size bed becomes an inviting, cribside lounging spot for Mom or Dad. The crib patterns include a quilt, a headboard pad, a fitted sheet, a dust ruffle, and a pillow.

**TO ORDER NURSERY PATTERN PACKAGE, SEE PAGE 141.**

**SEND FOR FREE PILLOW PATTERNS**



▲ **MIX PILLOW SHAPES** for fun. The pattern (No. 6044) includes round and wedge bolsters with and without ruffles, plus heart shapes, shams, rounds, and squares with variations.

**Buying information, page 126.**

**TO ORDER PILLOW PATTERNS, SEE PAGE 141.**

PHOTOGRAPHS: SCOTT LITTLE. PATTERNS: BUTTERICK. FABRICS: WAVERLY

SEW-IT-YOURSELF DECORATING

# CROWNING TOUCHES

Used solo or with shades or curtains, soft valances or sculptured cornices (pattern No. 6083) lend style and stature to any window.



▲ **A FLUTED, SWAGGED VALANCE** of floral fabric joins with generously gathered side panels for traditional elegance.



▲ **A SCALLOPED CORNICE** reaches the ceiling to dramatize sheer curtains while creating an illusion of height. Don't forget the crisp trim!



▲ **A SMOCKED VALANCE** gives a pinch of country spice to this dining spot. (Need privacy? Install a roller shade or a blind.)



▲ **A ZIGGURAT CORNICE** draws attention to a potentially overlooked alcove. Trim and tailored, this topper offers flair—without fussiness.

Buying information, page 126

TO ORDER WINDOW TOPPER PATTERNS, SEE PAGE 141.

SEW-IT-YOURSELF
DECORATING

# SHADES OF ELEGANCE

Close cousins, Roman and balloon shades (pattern No. 6040) can take different design directions, from classical to contemporary.



▲ **A "DOWN-UP" ROMAN SHADE** rises from the sill on cords. Use it to let the sun shine in while retaining privacy or masking a ho-hum view.



▲ **A BALLOON SHADE** gains frilly finesse when the cords are rigged to create stair-step gathers. Here, it softly frames a tabletop vignette.



▲ **A RUFFLED BALLOON SHADE** takes romance to the limit. Use floral fabric like this, or band solid fabric with contrasting ruffles.



▲ **A SOFT ROMAN SHADE** creates a gentle arc of fabric. The trick? Run the cords only along the outer edges.

Buying information, page 126.



TO ORDER SHADE PATTERNS, SEE PAGE 141.

# CLUTTER CUTTERS

## 13 WAYS TO STORE YOUR STUFF IN STYLE

By Denise L. Caringer




PHOTOGRAPH: BARBARA MARTIN. FIELD EDITOR: MARY ANNE THOMSON




PAINTED DESIGN: JERRY BROWN. PHOTOGRAPH: SCOTT LITTLE

**Battle stations, everyone! It's time to wage war on your proliferating stuff. The attack plan:**

- **Group and display all you can.**
- **Organize and hide the rest.**

### 1 DISPLAY HEADBOARD

A homey headboard stows books and toys in cottage style. Details that count: colorfully papered cubicles and a shingled roof.

### 2 WICKER HAMPER

Be sneaky! Dress up an entryway with a painted wicker chest and a mirror. (Who'll know it's where you toss the kids' toys and rain gear?)

### 3 FOCAL-POINT CUBES

Artful massing turns potential clutter into a decorative focus. The asymmetrical design of cubes and collectibles keeps the eye moving.



**Buying information, page 126.**




PHOTOGRAPH D. RANDOLPH FOULDS. DESIGN: CONNIE DRISCOLL. FIELD EDITOR: ESTELLE BOND GURALNICK




PHOTOGRAPH: D. RANDOLPH FOULDS. DESIGN: CONNIE DRISCOLL
FIELD EDITOR: ESTELLE BOND GURALNICK

# CLUTTER CUTTERS

## EASY-DO ORGANIZERS

**4 TOWEL HOLDER**
An old window sash unearthed at an antiques shop earns its keep in two ways: it holds a precious cache of towels (in a snippet of wall space!) and lends some rustic warmth.

**5 MODULAR CHESTS**
A lineup of chests hides lots of gear in style. Accented by artwork, accessories, and even a TV, such simple pieces create functional focal points in any room.




PHOTOGRAPH: ALEX BEATTY. DESIGN: CONNIE DRISCOLL. FIELD EDITOR: ESTELLE GURALNICK




SCOTT LITTLE




PHOTOGRAPH: D. RANDOLPH FOULDS. DESIGN: CONNIE DRISCOLL
FIELD EDITOR: ESTELLE BOND GURALNICK

### 6 KID-SIZE COAT TREE

Give the kid a break! Buy him or her a coat tree that's cut down to size. This pint-size version holds dresses, hats, you-name-it. Its bright color and fun design make it decorative, too.

### 7 WOODEN BOX

A painted toolbox accents a counter and corrals the things that usually get lost in the "junk drawer." Keep it by the phone to avoid those frantic "wait-a-minute-while-I-find-a-pencil" moments.




PHOTOGRAPH: SCOTT LITTLE. DESIGN: MARION JOHNSON, ASID
FIELD EDITOR: MAXINE SCHWEIKER




SCOTT LITTLE

### 8 TUB TRAY

A slick tray keeps soap, sponges, and reading material right at hand. Buy one, or craft a laminate tray like this with its own magazine pocket.

### 9 WALL-HUNG TOTES

Bag it! Hang decorative totes in a kid's room or kitchen. As things inevitably accumulate, put them in the bags for tidiness and easy hauling.

# CLUTTER CUTTERS

## CLOSET CASES




DESIGN: GEORGE BULGER, ASID
PHOTOGRAPH: MARIS/SEMEL
FIELD EDITOR: EILEEN A. DEYMIER

**10 OPEN-SHUT CASE**
Punctuated by open shelves, this new closet wall combines clothing storage with denlike coziness.

**11 CLOSET DRAMA**
Let there be light! Top new closets with high windows for leafy views.




**12 SECONDHAND FIND**
On a budget? Turn a used storage piece into a commodious cottage-style "armoire" with paint and new hardware.

**13 UNDER-EAVES CLOSET**
A new closet may be lurking under your eaves! Shelves and poles hug the low spots, leaving plenty of headroom on the 7-foot-high side.






FIELD EDITOR: HELEN HEITKAMP
PHOTOGRAPH: LAURIE BLACK/ROSLYN BANISH/ARX DESIGN: SHARON CAMPBELL

PHOTOGRAPHS: ERNEST BRAUN. DESIGN: CUSTOM CLOSETS, DAVID RODGER. LOCATION: WALNUT CREEK DESIGNERS' SHOWCASE. FIELD EDITOR: BARBARA CATHCART

FAMILY FAST FAVORITES

# POT

**Your family will love the homey goodness. And, convenience foods make them a cinch to fix.**

By Lynn Hoppe

## SLOPPY JOE PIE

*If you're sodium conscious, use low-sodium tomato sauce and corn—*

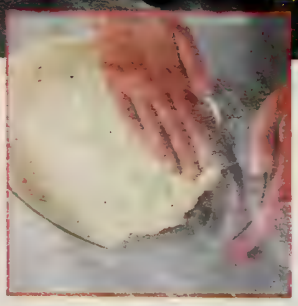
- 1½ cups packaged biscuit mix
- 1 tablespoon parsley flakes
- ⅓ cup water
- 1 17-ounce can whole kernel corn, drained
- 1 14½-ounce can tomato sauce
- 8 ounces thinly sliced cooked beef (from deli), chopped
- 1 1½-ounce envelope sloppy joe seasoning mix

● **In a large bowl combine** biscuit mix and parsley. Add water; stir till moistened. Reserve *¾ cup* of the dough. With lightly floured hands pat remaining dough onto the bottom and 1½ inches up the sides of a greased 2-quart au gratin dish or an 8x8x2-inch baking dish.

● **In a saucepan combine** the corn, tomato sauce, beef, and seasoning mix; heat through. Spoon tomato mixture over dough. Drop the reserved dough by small spoonfuls around the edge of the dish. Bake in a 400° oven for 15 to 20 minutes or till dumplings are golden. Makes 6 servings.

***Nutrition information per serving:*** *280 cal., 15 g pro., 39 g carbo., 8 g fat, 34 mg chol., 1,499 mg sodium. U.S. RDA: 16% vit. A, 16% thiamine, 15% riboflavin, 23% niacin, 19% iron, 22% phosphorus.*

**READY IN 25 MINUTES**



**1. Simply pat crust into the baking dish.**



**2. Spoon in the savory sloppy joe filling.**



**3. Cap with spoonfuls of dough around the edge.**

PHOTOGRAPHS: SUSAN SCHELLING PHOTOGRAPHY FOOD STYLIST: STEVIE BASS

# PIES!



READY IN 40 MINUTES

## CHEDDAR AND TURKEY PIE

*Home-style, yet easy—*

1 9-inch folded refrigerated unbaked piecrust
1 pound ground raw turkey, thawed
2 cups loose-pack frozen mixed vegetables (such as broccoli, French-style green beans, onion, and red pepper), thawed
1 11-ounce can condensed cheddar cheese soup
1 5-ounce can (⅔ cup) evaporated milk
½ teaspoon dried thyme, crushed

• • •

1 beaten egg white
1 tablespoon water
Sesame seed

● **Let piecrust stand** at room temperature according to package directions.

● **In a 3-quart saucepan brown** turkey. Drain off any fat. Stir in vegetables, soup, milk, and thyme. Bring to boiling; reduce heat. Simmer 5 minutes. Spoon into an 8-inch round baking dish.

● **Unfold crust; cut** decorative cutouts or slits in crust so steam can escape. Place crust on top of dish. Turn edge under; flute. Combine egg white and water; brush over crust. Sprinkle sesame seed atop. Bake in a 400° oven for 25 to 30 minutes or till golden. Let stand 5 minutes. Makes 4 to 6 servings.

***Nutrition information per serving:*** *593 cal., 36 g pro., 44 g carbo., 30 g fat, 94 mg chol., 1,060 mg sodium. U.S. RDA: 89% vit. A, 12% thiamine, 30% niacin, 24% calcium, 27% riboflavin, 16% iron, 41% phosphorus.*



**1. Place purchased crust over filling .**



**2. Turn under and flute the piecrust edge.**



**3. For a glistening crust, brush with egg mixture.**

SCOTT LITTLE

# SLIMMING DINNERS FROM YOUR MICROWAVE

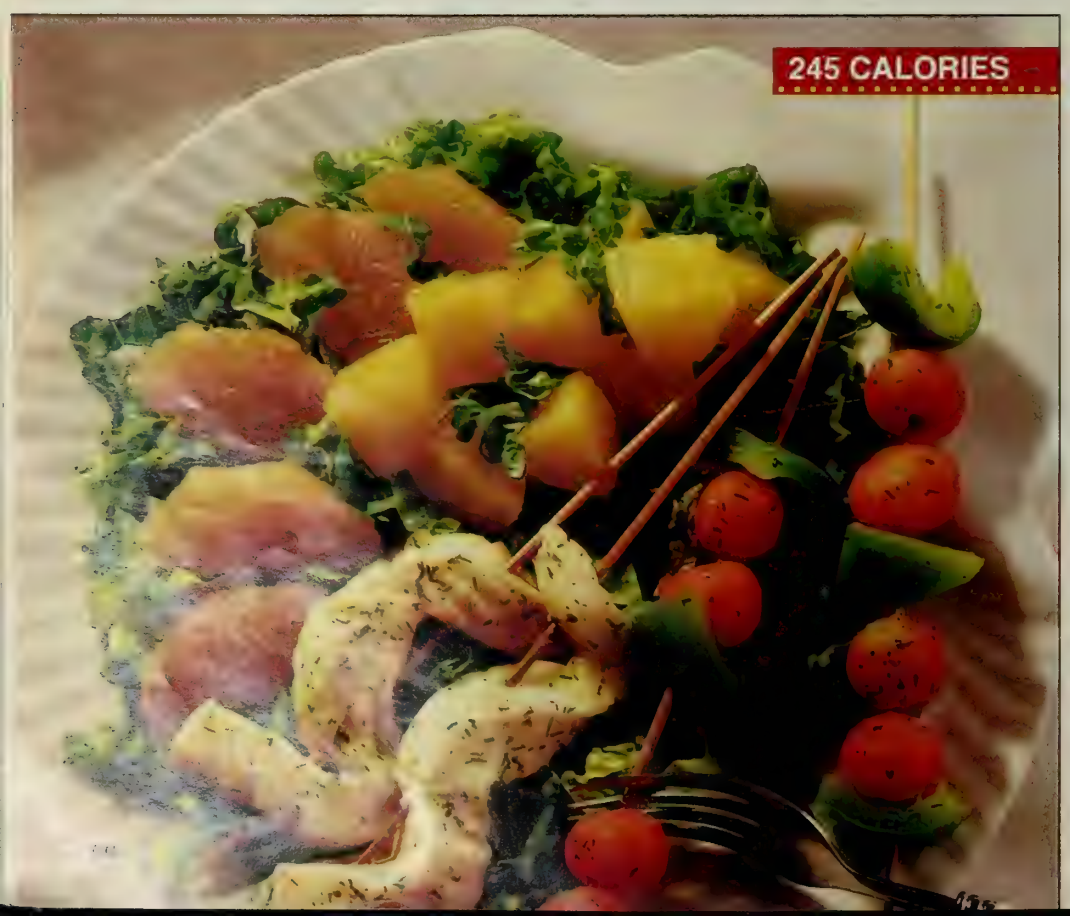



By Joy Taylor

**Five great reasons for you and your family to try the main dish and dessert recipes featured here—**

**1. QUICK TO FIX**
**2. LOW CALORIE**
**3. LOW SODIUM**
**4. INEXPENSIVE**
**5. DELICIOUS**

**RECIPES BEGIN ON PAGE 99 ; TIMINGS FOR LOW-WATT OVENS AND CONVENTIONAL DIRECTIONS INCLUDED.**




### ▲Cajun Chicken

● *278 CALORIES*

Health-conscious cooks rely on chicken for mealtime variety. Here, it's fired up for today's tastes with red, white, and black peppers. Whoever said low-calorie food had to be bland!

### ◀Deep-Sea Kabobs

● *245 CALORIES*

No doubt you've discovered fish is a natural for light dining and micro-cooking. To cook marinated fish in less than 5 minutes, thread fish strips onto wooden skewers; serve with vegetable kabobs.

### Turkey Spirals with Fruit Stuffing ▶

● *259 CALORIES*

When the occasion calls for something special, don't throw nutrition to the wind. For a winning dinner, serve fruit-stuffed turkey with an orange-pineapple sauce.

Photographs: Jim Krantz
Food stylist: Janet Herwig


259 CALORIES




MICROWAVE

# SLIMMING DINNERS

## MICROWAVE CUTS FAT

**Microwave cooking is a moist cooking method similar to steaming on the rangetop. That means most foods micro-cook without added oil, margarine, or butter. Plus, the speed of the microwave oven lets you spend less time in the kitchen—and that means less temptation to nibble!**

### ▲Polenta with Chunky Meat Sauce

● *263 CALORIES*

To make polenta, an Italian staple that's eaten in place of bread or noodles, stir together cornmeal and water and micro-cook it for 6 to 8 minutes. Spoon the mixture into a loaf pan to set. When you're ready to eat, reheat the polenta and serve slices along with a ground beef, corn, and pepper sauce.




### Fettuccine with Broccoli Cheese Sauce►

● *403 CALORIES*

Go ahead—enjoy a plateful of high-carb pasta, but keep the calories in check by fixing a low-fat sauce. Here, Neufchâtel cheese produces a creamy sauce accented with bits of Canadian bacon for the range-top pasta. It's all ready in 25 minutes.

### Lamb Dinner For One►

● *414 CALORIES*

Here's a special treat for the lamb lover in your family. The lean lamb chop, couscous, and baby squash cook tender in fewer than 15 minutes. It's all made and eaten from one dish, so you're out of the kitchen in a flash.

**RECIPES BEGIN ON PAGE 102.**



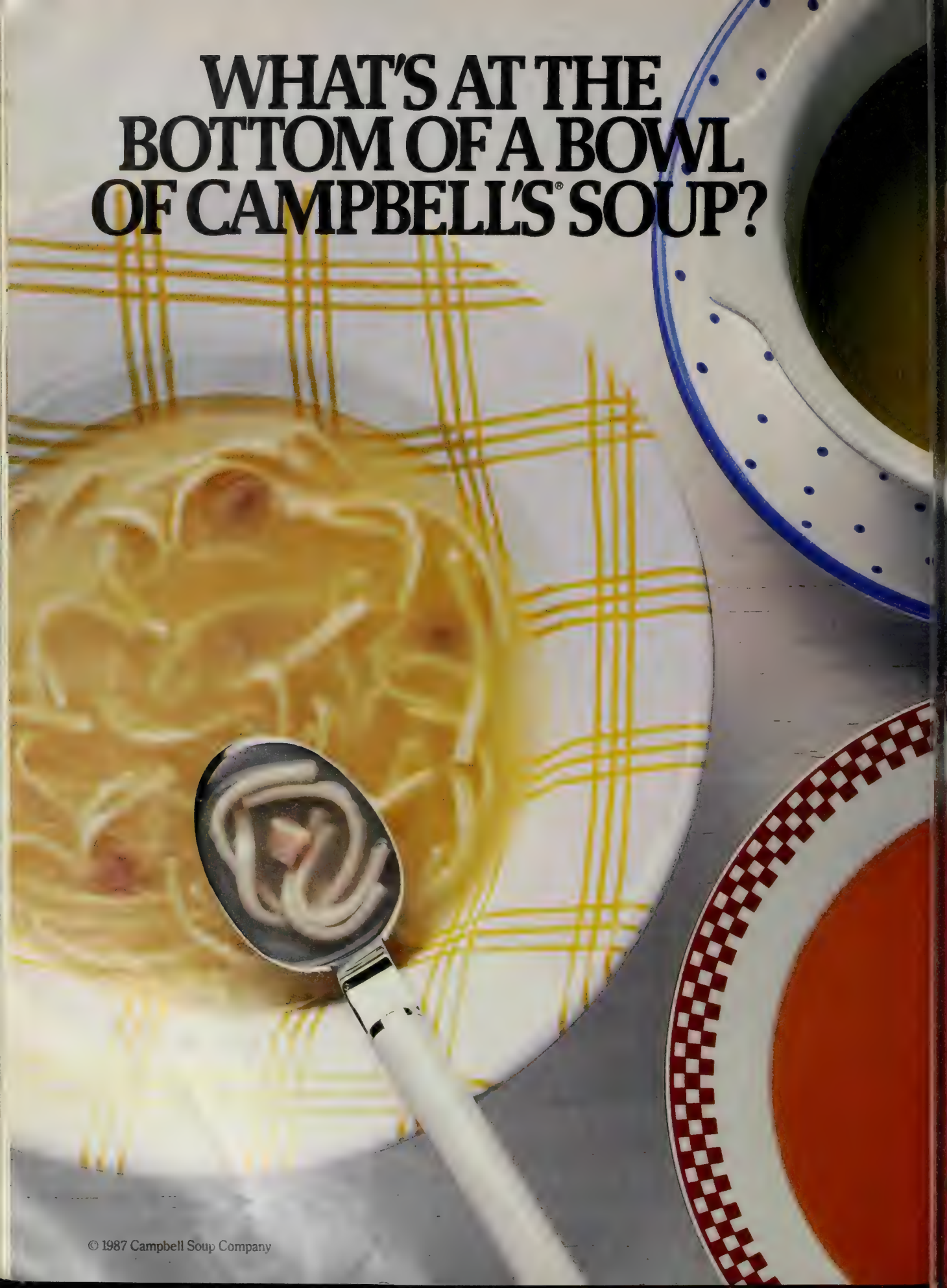

### Beef Cherry-Yaki►

● *345 CALORIES*

By stir-frying on a microwave-safe browning dish, you can use half the oil of the conventional wok method! To keep this dish on the lean side, use fat-trimmed sirloin steak and stretch it with a sweet surprise (cherries), plus carrots, onions, and water chestnuts. Limit rice to ½ cup per serving.


403 CALORIES

# WHAT'S AT THE BOTTOM OF A BOWL OF CAMPBELL'S® SOUP?



© 1987 Campbell Soup Company



There's a lot that's good for you at the bottom of a bowl of Campbell's Soup. And since eating right is just as important as exercise when it comes to looking and feeling better, why not stir up a bowl today?

# FIBER.

When most people think of fiber, they automatically think of bran cereal. But you can also think of soup. Because some Campbell's Soups are a delicious source of fiber. In fact, a serving of one of our Bean or Pea Soups has as much fiber as a serving of many bran cereals. They're low in fat, too. Which is good news, since the National Cancer Institute says that a diet high in fiber and low in fat may help reduce the risk of some kinds of cancer.




# LOW FAT and LOW CHOLESTEROL.

Did you know that most of Campbell's Soups are low in fat and cholesterol? For example, a serving of regular Chicken Noodle, or new Special Request™ with one-third less salt, is low in fat and has just 15 milligrams of cholesterol. And that's especially good to know, because research tells us that a diet low in fat and cholesterol may help reduce the risk of some forms of heart disease.




# CALCIUM.

When you prepare a can of Campbell's Tomato, Cream of Mushroom or Cream of Celery Soup with a full can of milk, you have more than just a delicious cream soup. You have a delicious source of calcium. In fact, one serving provides you with 10% of your daily requirement. And that's good for your body. Because calcium helps keep your bones and teeth strong.




## AT THE BOTTOM OF IT ALL SOUP IS GOOD FOOD.







MICROWAVE

# SLIMMING DESSERTS

**A New Year's resolution to eat right is easy to keep with these two dessert recipes in your file. Both rely on naturally sweet fruits and a minimum of fat and sugar.**

## ◀Poached Apples With Banana Cream

- *175 CALORIES*
- 4 cooking apples
- ½ cup cranberry juice cocktail
- 2 tablespoons honey
- 1 ⅛-inch slice gingerroot
- 1 recipe Banana Cream

● **Core apples.** Slice each apple *crosswise* into thirds. Arrange apples in a 12x7½x2-inch microwave-safe dish.

● **Combine** juice, honey, and gingerroot; pour over apples. Micro-cook, covered, on 100% power (high) 5 to 7 minutes or till tender; turn dish, rearrange apples, and spoon liquid over apples once during cooking. Serve immediately with Banana Cream. Makes 4 servings.

***Banana Cream:*** One hour or less before serving, in a small mixer bowl beat 1 *egg white* till frothy. Gradually add 1 tablespoon *honey,* beating till well combined. Mash 1 large *banana* to make ½ cup; stir in 3 tablespoons *lemon juice.* Add to egg-white mixture. Beat to stiff peaks. Serve immediately.

***Nutrition information per serving:*** 175 cal., 2 g pro., 45 g carbo., 1 g fat, 0 mg chol., 15 mg sodium, and 3 g fiber. U.S. RDA: 33% vit. C.

## ▼Light Lemon Cake

- *188 CALORIES*
- 1 cup all-purpose flour
- 2 teaspoons finely shredded lemon peel
- ½ teaspoon baking powder
- ¼ cup margarine
- ¾ cup sugar
- 2 egg yolks
- 1 tablespoon lemon juice
- ½ cup reconstituted nonfat dry milk
- 2 egg whites
- Cinnamon-sugar
- Strawberries (optional)

● **Stir together** flour, lemon peel, and baking powder. In a small mixer bowl beat margarine with an electric mixer on medium speed for ½ minute. Add sugar; beat till fluffy. Add yolks and lemon juice. Beat till combined. Add flour mixture and milk alternately to beaten mixture, beating on low speed after each addition just till combined.

● **Using clean beaters, beat** egg whites on high speed till stiff peaks form. Fold egg whites into batter. Transfer batter to an 8x8x2-inch microwave-safe baking dish.

● **Micro-cook,** uncovered, on 100% power (high) for 4 to 6 minutes or till done, giving the dish a quarter-turn every 2 minutes. (To check doneness, scratch the surface slightly with a wooden toothpick. If done, a cooked texture appears underneath.) Sprinkle cake lightly with cinnamon-sugar. Serve warm with berries. Makes 9 servings.

***Nutrition information per serving:*** 188 cal., 3 g pro., 30 g carbo., 7 g fat, 56 mg chol., 97 mg sodium.

**BUYING INFORMATION, PAGE 126.**

# Dear Litton,

I've misplaced the warranty on my new Litton microwave oven. It's covered for about a year, right?

## No.

You'll be glad to know that our warranty on countertop microwave ovens covers magnetron parts for ten years, all other parts for five years and service for two years. But fortunately, you'll probably never have to use it. Because after 25 years of making quality microwave ovens, leading the way with Litton expertise and technology, we're confident you'll be satisfied by your oven's performance for many years to come.

**Life's worth Litton.**



MADE IN THE USA

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FOOD

# NUTRITION INFORMATION

## HOW TO MAKE IT WORK FOR YOU

### EVERY RECIPE ANALYZED

● With each recipe we give important nutrition information that you can use every day. The calorie count of individual servings and the amount, in grams, of protein, fat, carbohydrate, cholesterol, sodium, potassium, and dietary fiber help you keep tabs on what you eat.

● Also, you can check the vitamin and the mineral levels per serving of each recipe. These vitamins and minerals are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (The U.S. Recommended Daily Allowances are dietary standards developed by the Food and Drug Administration.)

BETTER HOMES AND GARDENS TEST KITCHEN ®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

### HOW WE ANALYZE

● When ingredient options appear, we use the first choice for the analysis.

● We omit optional ingredients from the nutrition analysis.

● We use the first serving size listed.

● When milk is an ingredient, we use nutrition information on *low-fat* milk.

### WHAT YOU NEED

Use our analyses to chart the nutritional value of the foods you eat. These guidelines are based on daily needs of moderately active females, 23 to 50 years old (in general, males and teens need more calories):

**calories—2,000**
**protein—45 to 65 grams**
**fat—67 grams**
**cholesterol—300 milligrams**
**sodium—1,100 to 3,300 milligrams**
**fiber—25 to 30 grams**

There's no real harm in going over or under these figures in any single day, but aim for a balanced diet overall. BH&G

*continued from page 98*

## JANUARY RECIPE INDEX

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### MICROWAVE NOTE

Microwave ovens cook at different speeds depending on their wattage. These recipes were tested in high-wattage (625 to 700 watts) and low-wattage (400 to 500 watts) ovens. If the low-wattage cooking times differ from the high-wattage, they appear in parentheses. See *page 106* if you're unsure of your oven's wattage.

### SLIMMING MICROWAVE DINNERS

***(Pictured on pages 90–96.)***

### CAJUN CHICKEN

*Some like it hot! If you use the lower range of ground pepper, add an extra ½ teaspoon paprika—*

**2 large (1 pound) yams *or* sweet potatoes, peeled and sliced ¼ inch thick (about 3 cups)**
**1 2½- to 3-pound broiler-fryer chicken, cut up**
**½ teaspoon onion powder**
**¼ teaspoon garlic salt**
**⅛ to ¼ teaspoon *each* ground red, black, and white pepper**
**½ teaspon dried thyme, crushed**
**¾ teaspoon paprika**
**Milk**

• • •

**Lime *or* lemon juice**
**Lime *or* lemon slices (optional)**
**Salsa (optional)**

● **In a 1-quart microwave-safe** casserole combine yams and 2 tablespoons *water.* Micro-cook, covered, on 100% power (high) for 5 to 7 minutes or till just tender, stirring once. Cover and set aside.

● **Rinse chicken and pat dry;** remove skin. In a bowl combine the seasonings.

● **In a 12x7½x2-inch microwave-safe** baking dish arrange chicken pieces, meaty side up, with meatier portions toward edges. Brush chicken pieces with milk. Sprinkle seasoning mixture evenly over top side of all the chicken pieces. Cover coated chicken with waxed paper.

*continued on page 100*







Microwave Cooking Just Got Easier.

And better. Now you'll never have to touch hot cooking pouches. Just snip and pour with the MicroHelpers Pouch Holder/Pourer. And if you're tired of playing hot potato, try the MicroHelpers Potato Baker. You can easily rotate and remove hot potatoes from the oven without touching them. In fact, all of the Ekco MicroHelpers, like the Vegetable Steamer and Splatter Screen, make your microwave cooking easier and better than ever.




EKCO 100 BIRTHDAY CELEBRATION

EKCO MicroHelpers

EKCO. AMERICA'S KITCHEN TRADITION

## SLIMMING DINNERS FROM YOUR MICROWAVE

*continued from page 99*

- **Cook** on high for 11 to 14 minutes or till tender and no pink remains, giving the dish a half-turn and rearranging chicken pieces after 6 minutes. Remove the chicken from oven.
- **Return yams to oven** and reheat on high for 1 minute.
- **To serve,** sprinkle lime juice over the yams. Arrange the chicken, yams, and lime or lemon slices on a serving platter. Serve chicken and yams with salsa. Makes 6 servings.

**NOTE:** This recipe is not recommended for low-wattage ovens.

***Conventional directions:*** Rinse chicken and pat dry; remove skin. Set aside. In a small bowl stir together seasonings. In a 13x9x2-inch lightly greased baking pan arrange chicken, meaty side up. Brush chicken pieces with milk. Sprinkle seasonings over top of chicken pieces. Bake in a 375° oven 45 to 55 minutes or till tender.

Meanwhile, place yams in a medium saucepan with ¼ cup *water.* Bring to boiling; reduce heat. Simmer, covered, 15 minutes or till tender. Serve.

***Nutrition information per serving:*** 278 cal., 23 g pro., 23 g carbo., 7 g fat, 84 mg chol., 176 mg sodium, 869 mg potassium, 3 g dietary fiber. U.S. RDA: 22% vit. C, 10% thiamine, 12% riboflavin, 46% niacin, 10% iron.

### DEEP-SEA KABOBS

*Soak the wooden skewers before threading the food to prevent sticking—*

- **6 ounces fresh *or* frozen skinless, boneless swordfish, salmon, *or* halibut steaks *or* fillets, cut ½ inch thick**
- **1 large pink grapefruit**
- **1 8-ounce can pineapple chunks (juice pack)**
- **½ teaspoon dried dillweed**
- **¼ teaspoon salt**
- **⅛ teaspoon pepper**
- **1 small green pepper, cut into ¾-inch squares**
- **½ of a 10-ounce package frozen Parisienne carrots, thawed (¾ cup)**

- **Thaw fish,** if frozen. Cut into ½-inch-wide strips (low-wattage ovens: cut fish into 1-inch cubes).
- **Finely shred grapefruit** to obtain *1 teaspoon* peel. Remove remaining peel from grapefruit; discard. Section grapefuit over a bowl to catch juices. Reserve and chill sections.
- **Drain pineapple** into grapefruit juices. Cover and chill pineapple chunks till needed.
- **In a shallow bowl combine** grapefruit and pineapple juices, the 1 teaspoon peel, dillweed, salt, and pepper. Add fish. Cover and marinate in refrigerator for 2 hours, stirring occasionally.
- **At serving time,** drain fish, reserving the marinade. In a 1-quart microwave-safe casserole micro-cook the green pepper and carrots with 2 tablespoons *water,* covered, on 100% power (high) 4 to 5 minutes or till peppers are crisp-tender. Drain.
- **On four 12-inch wooden skewers** thread the fish accordion-style. On four more wooden skewers alternately thread the green pepper and carrots (low-wattage ovens: alternate fish and vegetables on *four* wooden skewers).
- **Place the kabobs** in a 12x7½x2-inch baking dish (low-wattage ovens: use a 10x6x2-inch microwave-safe dish). Pour reserved marinade over kabobs. Cover with vented clear plastic wrap.
- **Cook** on high for 3 to 5 minutes (low-wattage ovens: 5 to 7 minutes) or till fish flakes easily with a fork, giving the dish a half-turn after 2 minutes and brushing juices over kabobs.
- **To serve,** arrange reserved grapefruit sections, pineapple, and kabobs on 2 lettuce-lined dinner plates. Serves 2.

***Conventional directions:*** Marinate fish strips as directed.

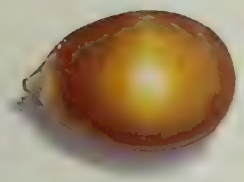
In a 1-quart saucepan cook green pepper and carrots in a small amount of boiling water about 5 minutes or till vegetables are crisp-tender. Drain.

On four 12-inch metal skewers thread the fish accordion-style. On four more metal skewers alternately thread the green pepper and carrots. Place kabobs on an unheated rack of a broiler pan. Brush with some of the reserved marinade. Broil 4 inches from heat for 5 minutes. Turn kabobs over. Brush with marinade. Broil about 4 minutes more or till fish flakes easily with a fork. Serve as directed.

***Nutrition information per serving:*** 245 cal., 19 g pro., 36 g carbo., 4 g fat, 47 mg chol., 623 mg sodium, 900 mg potassium, 5 g dietary fiber. U.S. RDA: 336% vit. A, 120% vit. C, 16% thiamine, 40% niacin, 12% iron.

*continued on page 102*

# Flopcorn vs. Popcorn





Flopcorn is what you get when your popcorn doesn't pop. But you won't find much flopcorn in Pop Secret®.

Pop Secret leaves very few unpopped kernels.

And it pops in any wattage microwave.

So instead of flopcorn, you get great popcorn. Light. Fluffy. And fresh.

Get Pop Secret in the popcorn section. And get popping!




THE SECRET
TO BETTER MICROWAVE POPCORN.

*continued from page 100*

## TURKEY SPIRALS WITH FRUIT STUFFING

*If you don't have a mallet to pound the turkey, try the back of a metal ice cream scoop—*

**½ teaspoon instant chicken bouillon granules**
**⅓ cup hot water**
**2 tablespoons mixed dried fruit bits *or* raisins**
**2 turkey breast tenderloin steaks (about 8 ounces total)**
**¼ teaspoon onion salt**
**¼ teaspoon paprika**
**Dash ground cinnamon**
**1 cup dry raisin bread cubes (2 slices)**
**½ cup orange-pineapple juice**
**1¼ teaspoons cornstarch**
**1 teaspoon honey**
**1 carrot (optional)**
**1 zucchini (optional)**

- **For stuffing,** dissolve the bouillon granules in the hot water; pour over dried fruit. Let stand 5 minutes.
- **Meanwhile, halve the turkey steaks** lengthwise. If necessary, with a meat mallet pound each turkey piece between 2 sheets of clear plastic wrap till ¼ inch thick.
- **Stir** the onion salt, paprika, and cinnamon into fruit mixture, then toss with the dry bread cubes.
- **Spread *one-fourth* of the stuffing** on one side of *each* turkey piece. Loosely roll up the turkey steaks around the filling. Secure each roll-up with a toothpick, if necessary.
- **Arrange the roll-ups,** spiral side up, in an 8x4x2-inch microwave-safe loaf dish. Cover the dish with vented clear plastic wrap.
- **Micro-cook** on 100% power (high) for 3 to 4½ minutes (low-wattage ovens: 5 to 6 minutes, giving the dish a quarter-turn after 3 minutes) or till turkey is tender and no pink remains. Cover to keep warm.
- **In a 1-cup glass measure combine** the orange-pineapple juice, cornstarch, and honey. Cook on high for 1 to 2 minutes or till thickened and bubbly, stirring every 30 seconds.
- **To serve,** transfer 2 turkey rolls to each dinner plate. Spoon sauce over. Serve with steamed carrot and zucchini that have been sliced lengthwise with a vegetable peeler. Makes 2 servings.

***Conventional directions:*** Loosely roll up the turkey pieces around stuffing as directed in recipe at left. Arrange the roll-ups, spiral side up, in a greased 8x4x2-inch loaf pan. Cover the pan with foil and bake in a 325° oven for 35 to 40 minutes or till the turkey is tender and no pink remains. Meanwhile, in a small saucepan stir together the orange-pineapple juice, cornstarch, and honey. Bring mixture to boiling; reduce heat. Cook and stir over medium heat till mixture is thickened and bubbly. Cook for 2 minutes more. Remove pan from heat. Serve as directed.

***Nutrition information per serving:*** 259 cal., 30 g pro., 30 g carbo., 2 g fat, 71 mg chol., 441 mg sodium, 566 mg pot., 2 g dietary fiber. U.S. RDA: 18% vit. C, 12% thiamine, 12% riboflavin, 39% niacin, 13% iron.

## POLENTA WITH CHUNKY MEAT SAUCE

*For a quick meal, make the polenta a day ahead—*

**3 cups water**
**1 cup yellow cornmeal**
**1 cup cold water**
**1 teaspoon salt**

• • •

**1 pound lean ground beef *or* ground Italian-style turkey sausage**
**2 green onions, sliced**
**1 17-ounce can cream-style corn**
**1 small green pepper, cut into thin strips**
**1 teaspoon dried Italian seasoning, crushed**
**Dash pepper**
**1 2-ounce jar diced pimiento, drained**

- **In a 4-cup microwave-safe measure** micro-cook the 3 cups water on 100% power (high) for 4 to 6 minutes or till boiling. Meanwhile, in a 2-quart microwave-safe casserole stir together the cornmeal, cold water, and salt.
- **Slowly pour boiling water** into cornmeal mixture, stirring constantly till the mixture is well blended. Cook, uncovered, on high for 6 to 8 minutes or till mixture is very thick, stirring every 60 seconds.
- **Spread mixture** in a greased 12x7½x2-inch baking dish or 8x4x2-inch loaf pan. Set the dish aside to cool 45 minutes or chill mixture overnight.
- **At serving time, for sauce,** crumble meat into 2-quart microwave-safe casserole. Add green onions. Cook, covered, on high for 5 to 7 minutes (low-wattage ovens: 8 to 10 minutes) or till no pink remains, stirring once. Drain meat in colander; set aside. Wipe out casserole with paper towels.
- **Combine** corn, green pepper, Italian seasoning, and pepper in casserole.
- **Cook, covered,** on high for 5 to 6 minutes (low-wattage ovens: 7 to 8 minutes) or till green pepper is crisp-tender. Stir in the meat and pimiento. Set aside.
- **Cut chilled polenta** into 24 squares, or into slices if using loaf pan; arrange on microwave-safe platter. Cover polenta with waxed paper, and cook on 70% power (medium-high) (low-wattage ovens: high) for 4 to 5 minutes or till heated through. Transfer to plates.
- **Cook sauce,** covered, on 100% power for 1½ to 2½ minutes (low-wattage ovens: 3 to 4 minutes) or till hot. Serve sauce along with polenta slices. Makes 6 servings.

***Conventional directions:*** In a small saucepan bring the 3 cups water to boiling. Meanwhile, in a medium saucepan combine the cornmeal, cold water, and salt. Slowly pour boiling water into cornmeal mixture, stirring constantly till well blended. Cook and stir over medium heat until very thick, about 5 minutes. Spread mixture in a greased 12x7½x2-inch baking dish or 8x4x2-inch loaf pan. Set aside to cool at least 45 minutes or chill overnight till firm.

For sauce, crumble meat into medium saucepan. Add green onions. Cook meat over medium-high heat till no pink remains, stirring occasionally. Drain off fat. Add corn, green pepper, Italian seasoning, and pepper. Simmer, uncovered, about 5 minutes or till heated through and green pepper is crisp-tender. Stir in pimento. Meanwhile, cut polenta into 24 squares, or into slices if using a loaf pan, and arrange on baking sheet. Cover with foil and heat in a 300° oven for 10 to 12 minutes or till heated through. Transfer to plates. Serve sauce along with polenta slices.

***Nutrition information per serving:*** 263 cal., 19 g pro., 31 g carbo., 8 g fat, 53 mg chol., 625 mg sodium, 381 mg potassium, 4 g dietary fiber. U.S. RDA: 28% vit. C, 10% thiamine, 11% riboflavin, 23% niacin, 17% iron.

*continued on page 104*



# How the Jolly Green Giant cured the bashful vegetables.

Once upon a time, at mealtime, vegetables would hide at the side of the plate.

So, the Green Giant® added pasta. And rice. And special sauces. And created seven new vegetable side dishes that were so deliciously satisfying, some nights they took a plate all to themselves.

And everyone ate happily ever after. Ho! Ho! Ho!



## New Garden Gourmet




*For the microwave.*



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*continued from page 102*

## LAMB DINNER FOR ONE

- ¼ cup water
- ¼ cup quick-cooking couscous
- 2 tablespoons sliced green onion *or* ¼ teaspoon onion powder
- ½ teaspoon instant chicken bouillon granules
- 1 lamb leg sirloin chop, cut ¾ inch thick (about 5 ounces) and trimmed of fat
- 2 tablespoons orange marmalade
- 2 teaspoons prepared mustard
- ½ of a medium acorn squash *or* 1 baby golden nugget squash (about 5 ounces)
- ½ teaspoon margarine *or* butter

● **In a 1-cup glass measure** micro-cook the water on 100% power (high) for 45 to 60 seconds or till boiling. Stir in the couscous, onion, and bouillon granules. Let stand 2 minutes.

● **Spread couscous mixture** over the bottom of an individual au gratin dish. Place the chop in center of dish over couscous.

● **Combine** the marmalade and mustard; brush a little over the chop.

● **Halve squash and remove seeds.** Cut squash into ½-inch-thick slices. Place squash in dish alongside chop; dot with margarine. Cover dish with waxed paper.

● **Cook on high** for 2 minutes (low-wattage ovens: 3 to 4 minutes). Turn chop over. Brush with more of the marmalade mixture. Cook for 3 to 5 minutes more (low-wattage ovens: 5 to 6 minutes, giving dish a quarter-turn after 3 minutes) or till chop and squash are done. Brush with remaining marmalade mixture before serving. Makes 1 serving.

***Conventional directions:*** In a medium saucepan bring the water to boiling. Stir in the couscous, onion, and bouillon granules. Spread couscous mixture over the bottom of a greased individual au gratin dish. Place chop in center over couscous. Stir together marmalade and mustard; brush a little over chop. Halve and seed squash. Cut squash into ½-inch-thick slices. Place slices in baking dish alongside chop; dot with margarine. Cover baking dish and bake in a 350° oven for 35 to 40 minutes or till squash is tender and chop is done. Brush with any remaining marmalade mixture before serving.

***Nutrition information per serving:*** 415 cal., 23 g pro., 67 g carbo., 7 g fat, 61 mg chol., 386 mg sodium, 706 mg potassium, 7 g dietary fiber. U.S. RDA: 201% vit. A, 36% vit. C, 17% thiamine, 12% riboflavin, 29% niacin, 10% calcium, 16% iron.

## BEEF CHERRY-YAKI

*Partially freezing the meat makes it much easier to slice—*

- ¾ pound boneless beef sirloin steak, trimmed of fat
- 1½ cups frozen unsweetened pitted dark sweet cherries
- 2 tablespoons dry sherry
- 2 tablespoons soy sauce
- 1 tablespoon lemon juice
- 3 ¼-inch slices gingerroot
- 1 tablespoon cooking oil
- 2 medium carrots, thinly bias sliced
- 6 green onions, bias sliced into 1-inch pieces
- 1 tablespoon cornstarch
- ½ of an 8-ounce can sliced water chestnuts, drained
- 2 cups hot cooked rice

● **Partially freeze meat.** Thinly slice across the grain into bite-size strips; set aside. Thaw the cherries; drain, reserving juices.

● **For marinade,** in a small deep bowl combine the sherry, soy sauce, lemon juice, and ginger. Add beef. Cover; chill 1 hour, stirring once. Drain meat; reserve marinade. Discard ginger slices.

● **Heat a 10-inch browning dish** on 100% power (high) for 5 minutes. Add oil; swirl to coat dish. Add meat.

● **Micro-cook, uncovered,** on high for 2 to 3 minutes or till meat is tender, stirring after every minute. Use a slotted spoon to remove meat from dish; leave juices in dish. Set meat aside.

● **Add reserved marinade** to juices in dish. Stir in carrots. Cook, covered, for 1 minute. Add onions. Cook, covered, for 1 to 2 minutes more or till onions and carrots are tender.

● **Add water to reserved cherry juice** to make *¼ cup.* Blend into cornstarch. Stir cornstarch mixture into vegetable mixture.

● **Cook, uncovered,** on high for 2 to 4 minutes or till mixture is thickened and bubbly, stirring every minute.

● **Stir in** cooked meat, cherries, and water chestnuts. Cook, covered, for 2 to 3 minutes or till heated through.

● **Serve** over hot cooked rice. Serves 4.

**NOTE:** Because most browning dishes won't fit in low-wattage ovens, this recipe is not recommended for these small ovens.

***Conventional directions:*** Slice and marinate meat as directed. Drain meat; reserve marinade. Discard ginger. Drain cherries, reserving juice. Add water to cherry juice to make *¼ cup;* blend into cornstarch.

Heat a wok over high heat for 2 to 3 minutes. Add oil; swirl to coat wok. Stir-fry carrots and onions for 1 to 2 minutes or till crisp-tender. Remove from wok. (Add more oil, if necessary.) Stir-fry meat for 2 to 3 minutes or till brown. Push meat away from center of wok. Stir cornstarch mixture, add to wok. Cook and stir till thickened and bubbly. Stir in cooked meat, vegetables, cherries, and water chestnuts. Heat through. Serve over hot cooked rice.

***Nutrition information per serving:*** 345 cal., 17 g pro., 50 g carbo., 8 g fat, 37 mg chol., 562 mg sodium, 524 mg potassium, 3 g dietary fiber. U.S. RDA: 205% vit. A, 11% vit. C, 14% thiamine, 10% riboflavin, 22% niacin, 19% iron.

## FETTUCCINE WITH BROCCOLI CHEESE SAUCE

*Use a 1½-quart microwave-safe casserole if the 2-quart casserole won't fit in your low-wattage microwave oven—*

- 8 ounces uncooked fettuccine
- 1 parsnip, cut into matchstick pieces (3 cups)
- 2 cups broccoli flowerets
- 1 small onion, sliced and separated into rings
- ½ cup sliced celery
- 2 tablespoons water
- ¾ cup skim milk
- 2 teaspoons cornstarch
- ⅛ teaspoon ground nutmeg
- 4 ounces Neufchâtel cheese, softened
- 6 ounces thinly sliced Canadian-style bacon, chopped
- 1 4-ounce jar sliced mushrooms, drained
- 4 teaspoons grated Parmesan cheese

● **Cook fettuccine** on the range top according to package directions.

● **Meanwhile,** in 2-quart microwave-safe casserole combine parsnip, broccoli, onion, and celery. Add water.

*continued on page 106*




It only takes a minute to make your microwave Mexican.
Just microwave Hot Mexican, Mild Mexican and Jalapeño flavors of Cheez Whiz process cheese spread for a tasty Mexican cheese sauce.




# The marvelous microwave in-a-minute Mexican cheese sauce.

Actual cooking time 1-1½ minutes for 8 oz. jar

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*continued from page 104*

● **Micro-cook, covered,** on 100% power (high) for 5 to 7 minutes (low-wattage oven: 8 to 9 minutes, stirring once) till vegetables are just tender. Transfer vegetables and liquid to a bowl. Set aside.

● **In the same dish combine** milk, cornstarch, and nutmeg. Cook, uncovered, on high about 2 to 3 minutes (low-wattage ovens: 5 to 7 minutes) or till thickened and bubbly, stirring after each minute.

● **Stir in the Neufchâtel cheese** till blended. Add the cooked vegetables, bacon, and mushrooms. Cook, covered, 4 to 6 minutes more (low-wattage ovens: 6 to 8 minutes) or till heated through, stirring the mixture twice.

● **Serve sauce** over drained pasta. Sprinkle *each* serving with *1 teaspoon* Parmesan cheese. Makes 4 servings.

***Conventional directions:*** Cook fettuccine on range top according to package directions. Drain and keep warm.

Meanwhile, in a medium saucepan cook parsnips, broccoli, onion, and celery in a small amount of boiling water, covered, for 7 to 9 minutes or till vegetables are crisp-tender. Drain vegetables into a colander.

In same saucepan combine milk and cornstarch. Stir in Neufchâtel cheese. Cook and stir over medium heat till thickened and bubbly and cheese is melted. Stir in vegetables, bacon, mushrooms, and nutmeg. Cook and stir 2 minutes more.

Serve as directed above.

***Nutrition information per serving:*** 403 cal., 22 g pro., 55 g carbo., 11 g fat, 44 mg chol., 863 mg sodium, 637 mg potassium, 4 g dietary fiber. U.S. RDA: 21% vit. A, 63% vit. C, 60% thiamine, 26% riboflavin, 35% niacin, 12% calcium, 16% iron.

## POACHED APPLES WITH BANANA CREAM

*High-wattage directions on page 96—*

**4 cooking apples**
**½ cup cranberry juice cocktail**
**2 tablespoons honey**
**1 ¼-inch slice gingerroot**
**1 recipe Banana Cream (*see page 96*)**

● **Low-wattage microwave oven directions:** Core apples. Slice each apple *crosswise* into thirds. Place in an 8x8x2-inch microwave-safe dish.

● **Stir together** the cranberry juice, honey, and gingerroot. Pour the mixture over the apples. Micro-cook, covered with vented plastic wrap, on 100% power (high) for 6 to 9 minutes or till the apples are tender. Turn, rearrange the apples and spoon the cranberry juice mixture over once during the cooking time. To serve, transfer three pieces of apple to each plate. Serve immediately with Banana Cream spooned atop. Makes 4 servings.

***Conventional directions:*** Core apples. Slice each apple *crosswise* into thirds. In a greased 12x7½x2-inch baking dish arrange the apples. Stir together the cranberry juice, honey, and gingerroot. Pour over the apples. Bake, uncovered, in a 350° oven 15 to 20 minutes or till apples are tender, basting occasionally with the juice mixture.

To serve, transfer three pieces of apple to each plate. Serve immediately with Banana Cream spooned atop.

## LIGHT LEMON CAKE

*A microwave cake's check for doneness is different from a conventional cake's. The microwave cake will look moist on top, even though it's done—*

**1 cup all-purpose flour**
**½ teaspoon baking powder**
**1 teaspoon finely shredded lemon peel**
**¼ cup margarine *or* butter**
**¾ cup sugar**
**2 egg yolks**
**1 tablespoon lemon juice**
**½ cup reconstituted nonfat dry milk *or* skim milk**
**2 egg whites**
**Cinnamon-sugar**
**Fresh berries (optional)**

● **Low-wattage microwave oven directions:** In a small mixing bowl stir together the flour, baking powder, and lemon peel.

● **In a small mixer bowl** beat margarine or butter with an electric mixer on medium speed for ½ minute. Add the sugar; beat till fluffy. Add the egg yolks and lemon juice. Beat till well combined. Add flour mixture and milk alternately to beaten mixture, beating on low speed after each addition just till combined.

● **Wash beaters thoroughly.** In another small mixer bowl beat the egg whites with an electric mixer on high speed till stiff peaks form (tips stand straight).

● **Fold egg whites into batter.** Transfer batter to an 8x8x2-inch microwave-safe baking dish.

● **Micro-cook, uncovered,** on 100% power (high) for 7 to 10 minutes or till done, giving the dish a quarter-turn every 2 minutes. (To check doneness, scratch the surface slightly with a wooden toothpick. If done, a cooked texture will have formed underneath.) Sprinkle the top lightly with the cinnamon-sugar.

● **Serve warm with berries,** if desired. Makes 9 servings.

**NOTE:** This recipe was developed for microwave ovens only, and is not recommended for conventional ovens.

### OVEN WATTAGE CAN MAKE A DIFFERENCE

Once you know the wattage of your microwave oven, you'll understand the variations in cooking times. Recipes that begin on *page 99* include timings for low-wattage ovens. The higher the wattage, the faster a microwave oven cooks. The wattage may be listed on the back of your oven near the Underwriters Laboratories seal or in your owner's manual. If you can't find it, use this simple test to estimate the number of watts: In a 2-cup glass measure heat 1 cup tap water (about 70°), uncovered, on 100% power (high). If the water boils in less than 3 minutes, then your oven probably has 600 watts or more of output. If the water takes longer than 3 minutes to boil, your microwave oven probably has less than 600 watts.

*Cooking in a low-wattage oven*

Although a bargain in cost, compact 400- to 500-watt microwave ovens cook slower than the 600- to 700-watt ovens. Low-wattage ovens work best with smaller amounts of food. They're perfect for convenient one-serving entrées. Most low-wattage microwaves have small cavities and use smaller cookware. A 12x7½x2-inch baking dish is too large for the low-wattage oven. We do not recommend cooking roasts that weigh more than 2 pounds, any pork cut, popcorn, or delicate egg mixtures in low-wattage ovens. BH&G

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# COOK SUPPER IN SHORT ORDER.

## Quick and delicious main-dish soups from Campbell's.




### COUNTRY WEEKEND CHOWDER

1 can Campbell's Cream of Chicken Soup
1 can Campbell's Chicken Broth
1¾ cups water
2 cups cubed peeled potatoes
1 pkg. (16 oz.) frozen mixed vegetables
2 cups cubed cooked chicken
¼ cup diced sweet red or green pepper
¼ tsp. curry powder

1. In saucepan, stir soup; gradually stir in broth and water. Heat to boiling. Add potatoes. Boil 5 minutes.
2. Add remaining ingredients. Reduce heat to low. Cover; simmer 5 min. or until vegetables are done. Makes about 8½ cups or 6 servings. Recipe may be doubled.




### HEARTY WINTER MINESTRONE

¾ lb. Italian sausage, casing removed
1 tbsp. vegetable oil
½ cup sliced carrot
½ cup sliced celery
½ cup green pepper cut in 1½" strips
1 can Campbell's Beef Broth
1 can Campbell's Zesty Tomato Soup/Sauce
1½ cups water
1 cup bow-shaped pasta, uncooked

1. Shape sausage into ¾" meatballs. In saucepan, in hot oil, cook meatballs until browned, stirring often. Spoon off all but 1 tbsp. drippings.
2. Add vegetables. Cook 5 min., stirring often.
3. Add broth, soup and water. Heat to boiling. Add pasta. Reduce heat to low. Simmer 10 min. or until pasta is done, stirring occasionally. Makes about 6 cups or 4 servings. Recipe may be doubled.

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WIN MONEY FOR YOUR RECIPES
This Month's Winners, Pages 112, 113

# PRIZE TESTED RECIPES®

**When you make a cheesecake for dessert, what sets your creation apart from other cheesecakes? What delicious, one-of-a-kind dish do you make to show off the bountiful vegetables harvested from summer gardens?**

Write down and send us your original recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. The winning recipes will be photographed and featured on the Prize Tested Recipes pages of *Better Homes and Gardens* next August. Each of the ten winners will receive a certificate and six copies of the recipe that was submitted.

## THIS MONTH'S CATEGORIES

**Cheesecakes**
**Summer Vegetable Ideas**

## HINTS TO HELP YOU

**Cheesecakes:** Cheesecakes come in many different shapes, sizes, and flavors. Is your cheesecake baked or simply refrigerated? Do you use innovative kinds of cheeses, liqueurs, or fruit juices in your dessert creation? **Hints: chilled mocha cheese pie, black bottom cheesecake, peach-rum cheesecake, layered strawberry and banana cheesecake.**

**Summer Vegetable Ideas:** You can use any summer vegetable you like (for instance, cucumbers, tomatoes, green beans, green onion, or corn). Do you have an original low-calorie soup, microwave side dish, healthful bread, or meatless main dish? **Hints: curried corn chowder, marinated cucumber and jicama salad, hot baked tomatoes and beans, whole grain green onion bread.**

## WINNERS IN THIS ISSUE

*(See recipes on pages 113 and 114.)*

**$100 Winners**

Meredith Flinn, Phoenix, Ariz.
Marsha Killian Keele, Blanding, Utah

**$50 Winners**

Mrs. V. Crisa, San Pedro, Calif.
Mrs. Teri Lindquist, Libertyville, Ill.

**Honor Roll Winners**

Roxanne E. Chan, Albany, Calif.
M. Denney, Jackson, Ohio
Marysol Richwine, Carlisle, Pa.
Mrs. Edward J. Sacks, Coplay, Pa.
Mildred V. Sazdanoff, Mansfield, Ohio
Carolyn Lee Wilke, Bristol, R.I.

## CONTEST RULES

**1.** Clearly type or print your name, address, and recipe marked "August Cheesecakes" or "August Summer Vegetable Ideas." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, January 31, 1988. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit the winning recipes. **7.** Address the recipes you enter to "August Cheesecakes" or "August Summer Vegetable Ideas," 8808 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation. BH&G




THE DURKEE 10-MINUTE CASSEROLE
It's fast. It's easy.
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Lattice-Top Chicken
*(Ready To Bake In Just 10 Easy Minutes)

1 can (10¾ oz.) condensed cream of potato soup
1 cup milk
½ teaspoon Durkee Seasoned Salt
2 cups (10 oz.) cubed cooked chicken
1 bag (16 oz.) frozen broccoli, carrots, and cauliflower vegetable combination, thawed and drained
1 cup (4 oz.) shredded Cheddar cheese
1 can (2.8 oz.) Durkee French Fried Onions
1 package (4 oz.) refrigerator crescent rolls

Combine soup, milk, seasoned salt, chicken, vegetables, *1/2 cup* cheese and *1/2 can* French Fried Onions; place in 8 x 12-inch baking dish. Bake, covered, at 375° for 20 minutes. Unwrap crescent rolls; separate into two rectangles. Press together perforated cuts; cut each rectangle lengthwise into 3 strips. Place strips on casserole to form lattice top. Bake, uncovered, 15 minutes longer. Top lattice with remaining cheese and onions; bake, uncovered, 3 to 5 minutes or until onions are golden brown.
Preparation time: 10 minutes MAKES 4 to 6 servings.

MICROWAVE DIRECTIONS: Prepare as above, except use *3/4 cup* ... Cook, covered, on HIGH 5 minutes; stir. Place crescent dough strips side ... lengthwise down casserole; *do not overlap.* Cook, loosely covered, ... minutes; turn halfway through cooking time. Cook, uncovered, 5 minutes. Top lattice with remaining cheese and onions. Cook, uncovered, on HIGH 1 minute. Let stand 5 minutes before serving.

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# SPEEDY SATURDAY BREAKFAST

## MICRO-COOK FOR EASE

**Saturdays! They're hectic, errand-running days. Start them by gathering your clan for this breakfast that goes together fast. Your microwave oven and convenience foods let you create it in about 20 minutes.**

### CHEESE AND POTATO EGG CASSEROLE

- **1 3-ounce package cream cheese with chives**
- **½ of an 8-ounce jar cheese spread (about ½ cup)**
- **Dash pepper**
- **6 eggs**
- **1 8½-ounce can whole white potatoes, drained and cut up**
- **2 ounces fully cooked ham, cut into strips (⅓ cup)**



SCOTT LITTLE

**Combine two cheeses to create a rich, creamy sauce for this hearty egg dish.**

In a 1-quart microwave-safe casserole micro-cook cream cheese, uncovered, on 100% power (high) 15 to 20 seconds or till softened. Stir in cheese spread and pepper; remove and reserve *half* of the mixture (about ⅓ cup).

Add eggs to mixture remaining in casserole; mix well. Stir in potatoes and ham. Cook, uncovered, on high for 6 to 7 minutes or till the eggs are cooked throughout but still glossy and moist. After 3 *and* 5 minutes, lift and fold the partially cooked eggs so the uncooked portion flows underneath. Top with the reserved cheese mixture; cook on high for 30 seconds more or just till the cheese melts. Transfer to individual breakfast dishes. Makes 4 servings.

***Nutrition information per serving:*** 292 cal., 18 g pro., 10 g carbo., 20 g fat, 445 mg chol., 849 mg sodium, 385 mg potassium. U.S. RDA: 16% vit. A, 12% vit. C, 14% thiamine, 24% riboflavin, 25% calcium, 14% iron.



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WIN MONEY FOR YOUR RECIPES
See Page 110 For Details

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®



# Yeast Breads And Rolls

File under Breads
January 1988

## $100 WINNER *Marsha Killian Keele, Blanding, Utah*

### Plum and Raisin Tea Rings

*Marsha created this delicious bread to use the plums she cans from her trees—*

- 3¼ to 3¾ cups all-purpose flour
- 2 packages active dry yeast
- ½ cup sugar
- ½ cup cooking oil
- 2 eggs plus 1 egg white
- 2 tablespoons margarine, softened
- 1 recipe Plum Filling
- 1 recipe Icing

Combine *1 cup* flour and yeast. Heat sugar, oil, ½ cup *water,* and ½ teaspoon *salt* till warm (120° to 130°); add to flour mixture. Add 2 eggs. Beat on low ½ minute. Beat on high 3 minutes. Stir in as much of remaining flour as you can. Knead in enough remaining flour to make moderately soft dough (3 to 5 minutes). Shape into ball; place in greased bowl. Cover; let rise till double (1½ hours). Punch down; halve. Cover; let rest 10 minutes. Roll half into 15x10-inch rectangle; spread *half* the margarine and Plum Filling to within ½ inch of edges. Roll up from long side; seal edges. Place, seam side down, on greased baking sheet. Shape into ring; seal ends. Repeat. Slash tops at 2-inch intervals. Combine egg white and 1 tablespoon *water;* brush on rings. Cover; let rise till double (45 minutes). Bake at 350° for 25 to 30 minutes. Cover with foil the last 5 minutes. Cool. Top with Icing. Serves 32.

***Plum Filling:*** Drain one 17-ounce can *whole, unpitted plums;* reserve *½ cup* liquid. Pit and chop plums. Boil plums, reserved liquid, ½ cup *raisins,* ¼ cup *sugar,* and 1 tablespoon finely shredded *orange peel* gently, uncovered, 15 minutes or till thick; stir occasionally. Add ½ cup chopped *walnuts* and ½ teaspoon *vanilla.*

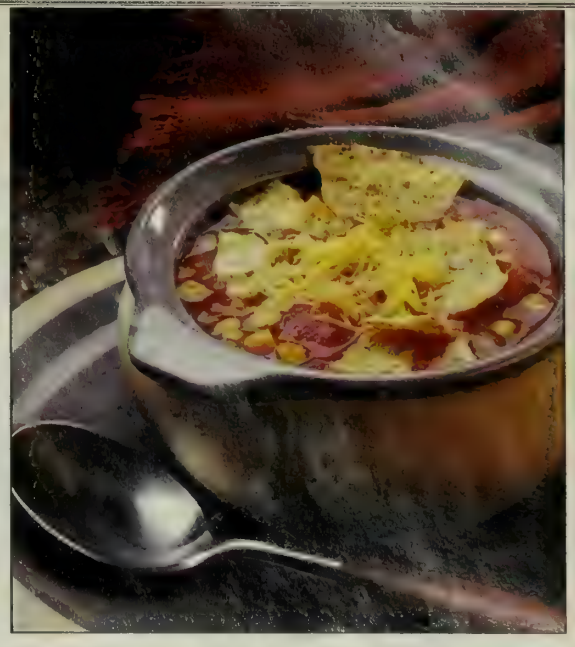
***Icing:*** Combine 1 cup sifted *powdered sugar,* ½ teaspoon *vanilla,* and enough *milk* (1 to 2 tablespoons) to make icing of drizzling consistency.

***Per serving:*** 152 cal., 2 g pro., 23 g carbo., 6 g fat, 17 mg chol., 19 mg sodium.

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®



# Shortcut Soups and Stews

File under Soups and Stews
January 1988

## $100 WINNER *Meredith Flinn, Phoenix, Ariz.*

### Tortilla Soup

*Taco seasoning mix saves measuring many different spices—*

- 2 14-ounce cans Mexican-style stewed tomatoes
- 1 12-ounce can whole kernel corn with sweet peppers, drained
- ½ cup water
- ½ of a 1¼-ounce envelope (2 tablespoons) taco seasoning mix
- 4 tostada shells, broken
- 1 cup shredded cheddar *or* Monterey Jack cheese (4 ounces)

In a 2-quart saucepan combine *undrained* tomatoes, corn, water, and seasoning mix. Cook over medium heat till boiling, stirring occasionally. Spoon into 4 soup bowls. Sprinkle tostada shells and cheese over hot soup. Let stand about 5 minutes or till cheese melts. Makes 4 servings.

***Nutrition information per serving:*** 233 cal., 11 g pro., 24 g carbo., 12 g fat, 30 mg chol., 1,270 mg sodium, 342 mg potassium, 5 g dietary fiber. U.S. RDA: 24% vit. A, 20% vit. C, 12% riboflavin, 10% niacin, 26% calcium.






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BETTER HOMES AND GARDENS TEST KITCHEN®

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# Shortcut Soups and Stews

**File under Soups and Stews**
**January 1988**



## $50 WINNER *Mrs. Teri Lindquist, Libertyville, Ill.*

### Cream of Lima Soup

*Teri serves this rich, flavorful soup with salad and warm rolls for a light lunch. It's also delicious as a first course—*

- **1 14½-ounce can chicken broth**
- **1 10-ounce package frozen lima beans**
- **⅓ cup sliced green onion**
- **2 tablespoons margarine *or* butter**
- **½ to 1 teaspoon curry powder**
- **¼ teaspoon dried tarragon, crushed**
- **Several dashes pepper**
- **½ cup light cream *or* milk**
- **Sliced green onion tops (optional)**

In a 2-quart saucepan combine broth, beans, the ⅓ cup green onion, margarine or butter, curry powder, tarragon, and pepper. Bring to boiling; reduce heat. Cover and simmer for 15 to 20 minutes or till vegetables are tender. Cool slightly. Pour mixture into a blender container. Cover and carefully blend till smooth. Return to saucepan. Stir in cream; heat through. Sprinkle each serving with green onion tops. Makes 4 to 6 side-dish servings.

***Nutrition information per serving:*** 214 cal., 8 g pro., 18 g carbo., 12 g fat, 20 mg chol., 428 mg sodium, 482 mg potassium, 3 g dietary fiber. U.S. RDA: 12% vit. A, 10% niacin, 11% iron.

Photographs: Scott Little

BETTER HOMES AND GARDENS TEST KITCHEN®

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# Yeast Breads And Rolls

**File under Breads**
**January 1988**



## $50 WINNER *Mrs. V. Crisa, San Pedro, Calif.*

### Cheese Pizza Rolls

*Great with soup or salad; terrific as a bun for beefburgers or cheese sandwiches—*

- **3¼ to 3¾ cups all-purpose flour**
- **½ cup grated Romano cheese**
- **2 packages quick-rising active dry yeast**
- **1 tablespoon dried minced onion**
- **½ teaspoon dried basil, crushed**
- **½ teaspoon dried oregano, crushed**
- **¼ teaspoon garlic powder**
- **1 8-ounce can tomato sauce**
- **2 tablespoons olive *or* cooking oil**
- **1 tablespoon sugar**
- **1 egg**
- **2 tablespoons sesame seed**
- **2 tablespoons grated Romano cheese**

In a mixer bowl combine *1½ cups* flour and next 6 ingredients. Heat tomato sauce, oil, sugar, ½ cup *water,* and 1 teaspoon *salt* just till warm (120° to 130°). Add to flour mixture. Add egg. Beat on low speed ½ minute, scraping bowl constantly. Beat on high speed 3 minutes. Stir in as much remaining flour as you can.

On lightly floured surface knead in enough remaining flour to make moderately stiff dough that's smooth and elastic (6 to 8 minutes). Shape into ball. Place in greased bowl. Cover; let rise till double (about 30 minutes).

Punch dough down. Cover; let rest 10 minutes. Divide into 18 pieces; shape into balls. Place in 2 greased 8x8x2-inch baking pans. Cover; let rise till nearly double (20 to 25 minutes). Brush with *water;* sprinkle with sesame and cheese. Bake in 375° oven 18 to 20 minutes. Cool. Makes 18 rolls.

***Nutrition information per roll:*** 128 cal., 4 g pro., 20 g carbo., 3 g fat, 19 mg chol., 241 mg sodium, 100 mg potassium, 1 g dietary fiber. U.S. RDA: 12% thiamine,

Clip along here and file punched pages in your *New Cook Book.*



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# GARDENER'S LOG

By Douglas A. Jimerson and Jane Austin McKeon

## 8 GREAT GARDEN VARIETIES

*Try these new catalog selections in your garden this spring*

**1. Delphinium, Fantasia Mix.** If you love delphiniums, but don't have the time or energy to maintain the tall standard types, try growing Fantasia Mix. This semidwarf perennial grows only about 27 inches tall and doesn't need staking. The plants produce large spikes of white, lavender, or blue flowers in June. Then, later in the season, a new crop of smaller blooms appears for a colorful show right up until frost. Start delphinium seeds indoors 12 to 16 weeks before the last expected frost in your area.

**2. Craspedia globosa.** The only thing complicated about *Craspedia globosa* is its name. Sprouting easily from seed, it grows 24 inches tall and develops round, 1-inch, golden-yellow flower heads. The sun-loving plants are heat and drought resistant. In warm climates craspedia will overwinter.

**3. Dahlia, Patches.** This summer make room in your garden for a unique new dahlia. Each plant of Patches dahlia develops red, white, and red-and-white flowers. The 4-inch-wide blooms smother the plants from June till frost. Plant dahlia tubers in late spring.

**4. Rose, Crested Sweetheart.** The fragrant, rose-pink blossoms of Crested Sweetheart rose smell as good as they look. The plants are disease resistant and may eventually grow 8 to 10 feet tall. Crested Sweetheart is a hybrid shrub rose.


DELPHINIUM, FANTASIA MIX


ASTER, BLUE RIBBON


CRASPEDIA GLOBOSA


TOMATO, SWEET MILLION


DAHLIA, PATCHES


ECHINACEA, BRAVADO


ROSE, CRESTED SWEETHEART


LILY, STRAWBERRY SHORTCAKE

**5. Aster, Blue Ribbon.** Growing just 9 inches tall, Blue Ribbon aster makes an ideal edging plant for your flower garden. It likes cool weather, so start seeds indoors in late winter and move the seedlings outdoors when the soil can be worked.

**6. Tomato, Sweet Million.** You'll harvest bumper crops of super sweet, cherry tomatoes when you plant Sweet Million. This hardy variety is resistant to common tomato ailments like fusarium, leaf spot, tobacco mosaic, septoria leaf spot, and nematodes.

**7. Echinacea, Bravado.** Blooming the first year from seed, the 4-foot-tall echinacea Bravado is a superb perennial for back-of-the-border garden spots. The plants have broad, 5-inch-wide, pinkish-purple blooms in late summer. Bravado tolerates hot, dry weather and is tough enough to survive northern winters. For flowers this summer, start seeds indoors in late winter.

**8. Lily, Strawberry Shortcake.** Discovered in Holland in 1981, Strawberry Shortcake lily is now available to American gardeners. Strawberry Shortcake grows 18 to 24 inches tall and blooms earlier than most other oriental lilies. The fragrant waxy flowers are deep crimson with pure white edges. Plant Strawberry Shortcake bulbs outdoors in the early spring.

**Buying information, see page 126.**






# WHAT'S NEW IN CARS FOR '88?

## NEW TECHNOLOGIES MAKE DRIVING SAFER AND MORE FUN

By Margaret Daly

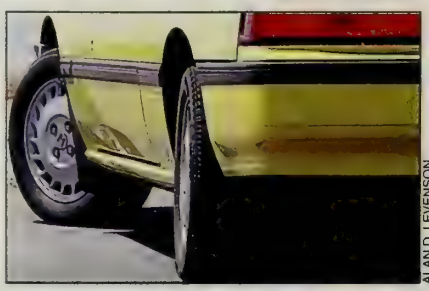
**Fun and safety are today's watchwords for new-car design. Already, the sleek look and wind-slipping performance of aerodynamic design seem almost old-hat. So do such power-boosting devices as turbochargers, and the in-control feel of modern suspensions.**

**There's more in store with three new technologies that will make a mark in the U.S. this year.**

### FOUR-WHEEL STEERING

***High-speed safety, tight-spot delight***

You're cruising at 65 miles per hour on the interstate, when the car in front suddenly brakes hard. A quick turn of the wheel, and you're safely in the other lane. No lurch, no sway, no scare. You're in control and on your way.



ALAN D. LEVENSON

**Parking is a cinch with four-wheel steering on Honda's Prelude.**

You've circled the city blocks for 20 minutes, looking for a place to park. The car behind crowds you just as you spot a space. It looks tight, but with a sharp twist of the wheel, your car scoots right in.

Such is the magic of four-wheel steering. The concept is simple. At low speeds, when you turn the front wheels sharply, the rear wheels turn slightly the opposite way, moving you nimbly in the direction you seek. It's great for parking and tight U-turns on narrow roads, though you may need to practice a bit; the moves are so quick that you may clip the curb.

At higher speeds, your car proceeds like any other. But turn suddenly, and the rear wheels turn in the same direction as the front, creating a smooth transition rather than a fishtail. Lane changes become a breeze, curving roads ripe for surefooted race-car fantasies.

Costs for this pleasure aren't cheap. Currently you can buy Honda's 4WS system only as part of a $1,300 package with the $16,645 Prelude Si sports car. Mazda's 4WS is available just on its turbocharged, four-door 626 sedan ($17,149). Experts expect prices to drop as 4WS gains popularity.

## MULTIVALVE ENGINES

***Quick power, utter control***

You're stuck on a two-lane country highway behind a lumbering travel trailer. A short straightaway opens up, but a distant car is heading your way. You press the accelerator lightly, and your car moves out surely, passes the trailer, then eases back into line with plenty of time to spare before the oncoming car passes. The experience is almost seductive: A mere caress of the pedal brings plenty of power, and the engine decelerates just as surely.

That responsive control makes it wonderful fun to drive a car with GM's new Quad 4 engine. You get V-8-type power (150 hp) with a fuel-efficient L-4 (25 city and 36 highway on the 5-speed manual, 24 and 34 on the 3-speed automatic). There's no costly turbocharger and intercooler. You can accelerate from zero to 60 mph in 8.5 seconds with the manual, 9.5 with the automatic.

Several Japanese and European manufacturers already offer multivalve engines, but the Quad 4 is America's first in production for the general market—an efficient, powerful, high-revving engine, with the promise of few maintenance problems to boot.

The technological trick: Conventional engines have two valves per cylinder—one for intake of the air/fuel mixture into the combustion chamber, one for exhausting the burned gases. Four-valve engines use two intake valves and two exhausts per cylinder. Significantly, according to many experts, the Quad 4 beats competing imports, particularly in its lower-speed performance—smooth and lug-free.

GM will offer the Quad 4 as an option in 1988 on the Oldsmobile Cutlass Calais, the Buick Skylark, and the Pontiac Grand Am, for about $660 above the regular price. Expect more GM and other American cars to join the multivalve ranks soon.

## ANTILOCK BRAKES

***Automatic skid control***

You're driving at a good clip in late spring. The glare of ice suddenly looms ahead. With no time to pump the brakes, you jam them instead. In an ordinary car, your brakes might well lock, you'd be unable to steer, and you'd risk a dangerous skid.

Not true this time. Instead of sliding out of control, your car stops quickly, in a straight line. That's because the antilock braking system (ABS) has done the pumping for you automatically by computer—lots faster and more surely than an expert driver could manage.

ABS has been around for a while, on Mercedes and a few other models, but for the first time you'll find it as standard equipment or an option ($950-plus) on a broad base of higher-scale vehicles—among them, Lincoln Continental, Ford Bronco, Chrysler New Yorker, Pontiac 6000 STE, Chevy Full-Size Pickup, Acura Legend, Toyota Supra, most Volvo sedans, all BMWs.



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# VILLA AND CONDOMINIUM VACATIONS



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GARY HEATHERLY

## RESORTS AND PRIVATE HOMES THAT CATER TO FAMILIES.

By Kit Kiefer

**Imagine your family sharing a luxurious seaside villa. By day you can relax at the pool or beach. At night, you'll toast the sunset from a spacious balcony. Amazingly, you can rent a villa or condominium for just $350 per week. You just need to know where the bargains are.**



H. MILO STEWART III/FLORIDA DIVISION OF TOURISM

**▲TOP-OF-THE-LINE BARGAINS:** Share larger villas like this one with another family and the cost can be just $100 per person per week (off-season).

**◀CONDOS FOR THE CHOOSING:** Condominium resorts line Gulf Coast beaches. Competition keeps rates on par with what motels charge.

*continued page 123.*


Gator X-ing.
The bayous of Louisiana. Home to herons and egrets. Hunting ground for gators and copperheads. A narrow strip of blacktop is all that separates you from the swamp and its residents.
The last thing you need to worry about in places like this... is your car.
So you take it to Mr. Goodwrench for service. Because you know he's got the parts your GM car was designed to use. Genuine GM parts. For virtually every General Motors car on the road today, whether it's a Chevrolet, Pontiac, Oldsmobile, Buick, Cadillac or GMC Truck.
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## Face it. Constipation doesn't look good on anybody.

You're tired... cranky... even your clothes don't feel right. Trouble is, harsh chemical laxatives can cause painful cramps in your intestine, so you feel really bad before you feel better. Who needs it?

For constipation, try chewable Fiberall® Tablets. Fiberall's natural fiber action works gently but effectively. And Fiberall Tablets work where laxatives work best—in your intestine, not your stomach. Without harsh chemicals. They're even low in calories (less than six in each tablet!).

There's nothing else quite like them. Fiberall Tablets.

The good news in fiber laxatives.




# Fiberall

**The laxative that's good for your health.**

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*continued from page 120*

## PERFECT FOR FAMILIES

With separate bedrooms for kids, full-size kitchens, and luxuries like swimming pools, golf courses, and daily maid service, villas and condos offer more of everything: more room, more freedom, more options—often for less than you'd pay at a resort hotel.

## HOW TO FIND ONE

Villas and condominiums can be found in any resort area of the world. But, newer units (with modern appliances) are clustered in such spots as Hawaii, the Rockies, the Carolinas, and all along the Gulf Coast.

Renting a condo or villa often is as easy as booking a room in a hotel. Start by asking a travel agent about rental properties in resort areas you want to visit. If you're lucky, the properties will come as part of a package that also might include airfare, a rental car, and discounts to local attractions.



PALMETTO DUNES/HILTON HEAD ISLAND C. OF C.

**SEASIDE SERENITY:** At Hilton Head, South Carolina, villas go for $129 per day during early spring. See a travel agent or call 800/845-9508.

## SHOP WISELY

The best bargains may be properties you rent directly from the owner. Good owners are particular about who they let use their vacation homes. You may be asked to provide references. But take this as a sign that the condo or villa is clean and well maintained. Shop for owner-rented properties in the Sunday travel sections of major-city newspapers (and sometimes the real estate section). Check the ads on the back pages of travel magazines as well.



SNOWMASS VILLAGE, COLORADO

**SKI OUT YOUR FRONT DOOR:** Two-bedroom, two-bath condos complete with kitchens rent for about $194 per night during the January fringe season at Snowmass, Colorado. Spring rates are lower. Aspen's famed shops and nightlife are five minutes away. Call 800/332-3245. In Colorado call 800/237-3146.

## BEFORE YOU RENT, BE SURE TO:

- **Know what you want:** What dates? Beachfront or off-beach? How many bedrooms? How much privacy? Decide these things before you approach a rental agency or travel agent.
- **Ask questions:** Are kids allowed? What are service charges, room taxes, extra person and staff charges? Sometimes maid service costs extra, and cooks and caretakers expect tips. With private rentals, make sure you understand how the security deposit works.
- **Ask more questions:** Get photos of your rental property, and ask the agent to put you in touch with folks who have rented the property before. Is there a phone on the property? Pinpoint the location: Is "near the beach" a block away or more than a mile? At ski resorts, look for ski-in, ski-out locations. With private properties, see if you can track down the owner or a caretaker.
- **Reserve early:** Villa and condo rental agencies manage fewer units than their hotel counterparts. For the best peak-season choices, reserve three or more months ahead.

## HOW TO FIND OUT MORE

- **Condo Resorts International,** ***3303 Harbor Blvd., Suite K8, Dept. BHG, Costa Mesa, CA 92626 (800/854-3823, in California call 800/432-7059).*** Hawaii Condo rentals.



LACURE VILLA

**CARIBBEAN LUXURY:** Villa rental firm LaCure adds frills like nannies, maids, cooks, and sporting equipment to its packages. Address below.

- **Travel Resources,** ***Box 1043, Dept. BHG, Coconut Grove, FL 33133 (305/444-8583).*** Lists more than 800 villas and 70 condo resorts in the Caribbean, Mexico, and Florida.
- **World-Wide Home Rental Guide,** ***142 Lincoln Ave., Suite 652, Dept. BHG, Santa Fe, NM 87501 (505/988-5188).*** Twice-yearly catalog of rental properties; year's subscription: $9.
- **LaCure,** ***11661 San Vicente Blvd., Suite 1010, Dept. BHG, Los Angeles, CA 90049 (800/387-2726).*** Luxury villas in the Caribbean and elsewhere.

*Based in northern Wisconsin, writer Kit Kiefer dreams of vacationing in a Caribbean or Hawaiian villa.*

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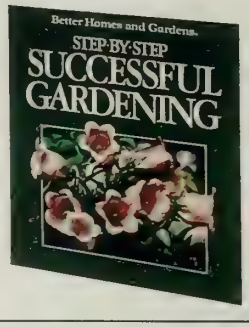
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## Our Garden Picks for '88

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***Step-By-Step Successful Gardening*** is the newest and most comprehensive book of gardening fundamentals from ***Better Homes and Gardens®***. Step-by-step photos and instructions take the guesswork out of home gardening. Hardcover, 256 pages, lots of full-color photographs.

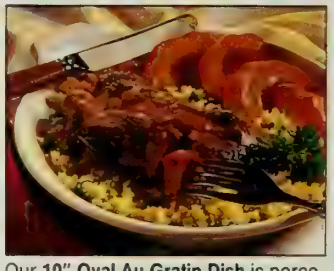
**Every year the *All-America Selections* and the *All-America Rose Selections* are grown in test gardens across the country. Those varieties of roses, flowers, and vegetables that give the best overall performances are awarded medals. Look through our photos on pages 37 to 41 and choose the varieties to enhance your 1988 garden and landscape.**

**Roses** **Prima Donna, Amber Queen,** and **Mikado** took top honors in the *All-America Rose Selections* (see page 39); **American Spirit** (page 37) is the Jackson and Perkins Rose of the Year. **PLEASE NOTE: All roses will be shipped at the proper time for planting in your area of the country (approximately February 1 through May 15, 1988).**

**Flowers** In cooperation with nationally known Park Seed Company, our **All-America Flower Collection** contains one packet each of Ultra Crimson Star Petunia, New Look Celosia, and Snow Lady Shasta Daisy (see pages 40 and 41).

**Vegetables** Our **All-America Vegetable Collection** contains one packet each of Honey 'N Pearl Sweet Corn, Salad Bush Cucumber, Burgundy Okra, Mexi Bell Pepper, and Super Chili Pepper (see pages 40 and 41).

## Microwave Cooking



Our **10" Oval Au Gratin Dish** is porcelain, microwave-safe, ovenproof, and safe for freezer-to-table use. As shown above with our *Lamb Dinner for One.*




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| 39 | **No. 09200** All-America Amber Queen Rose | | $9.95 | |
| 39 | **No. 09201** All-America Mikado Rose | | $9.95 | |
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| 40-41 | **No. 09205** All-America Flower Collection | | $4.00 | |
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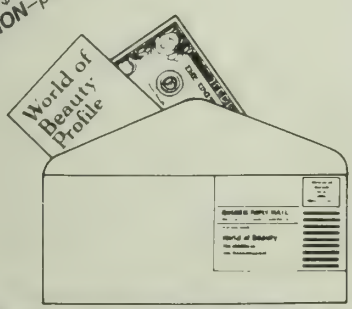
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**1. My skin tone is (check one):**
☐ Light ☐ Medium ☐ Medium-Dark ☐ Dark

**2. My skin type is (check one):**
☐ Dry ☐ Normal ☐ Oily ☐ Combination

**3. Mascara shade I prefer (check one):**
☐ Black ☐ Brown ☐ Navy

**4. Eyeshadow shades I prefer (check one group):**
☐ Deep Blue, Charcoal, Plum, Violet
☐ Soft Blue, Silver, Pink, Mauve
☐ Brown, Beige, Copper, Muted Green
☐ Aqua, Peach, Yellow, Mint

**5. Lip and Nail Enamel shades I prefer (check one group):**
☐ Cherry Red, Redwine, Deep Pink, Plum
☐ Raspberry, Rose, Pastel Pink, Mauve
☐ Brick Red, Salmon, Honey, Cinnamon
☐ Coral, Melon, Peach, Apricot

**6. Blush shades I prefer (check one group):**
☐ Rosewine, Burgundy, Deep Mauve
☐ Pink, Rose, Soft Plum
☐ Cinnamon, Coral, Tawny
☐ Peach, Apricot, Rosewood

**7. My main beauty interests are (check one or more):**
☐ Fragrance ☐ Hair Care
☐ Makeup Application ☐ Fitness
☐ Skin Care ☐ Nail Care
☐ Color Coordination ☐ Fashion Trends

**8. My age group is:**
☐ 15 and under ☐ 20-25 ☐ 33-39 ☐ 50 +
☐ 16-19 ☐ 26-32 ☐ 40-49

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### MILLET TABBOULEH

- ½ cup millet
- 1 cup water
- 1 small tomato, seeded and chopped
- ½ cup seeded and chopped cucumber
- ¼ cup snipped parsley
- 2 tablespoons thinly sliced green onion
- 1 teaspoon dried mint, crushed
- 2 tablespoons olive *or* salad oil
- 2 tablespoons lemon juice
- ½ cup sliced radishes

In saucepan stir millet over medium heat 4 minutes or till toasted. Add water. Bring to boiling; reduce heat. Simmer, covered, 25 to 30 minutes or till liquid is absorbed. Transfer to a sieve; rinse with cold water. Drain. Combine next 5 ingredients and 1 teaspoon *salt.* Stir in millet. Combine oil and lemon juice. Toss with millet mixture. Cover; chill. Before serving, stir in radishes. Makes 6 to 8 servings.

***Nutrition information per serving:*** 111 cal., 2 g pro., 16 g carbo., 5 g fat, 0 mg chol., 94 mg sodium.

### CURRIED MILLET AND PEANUTS

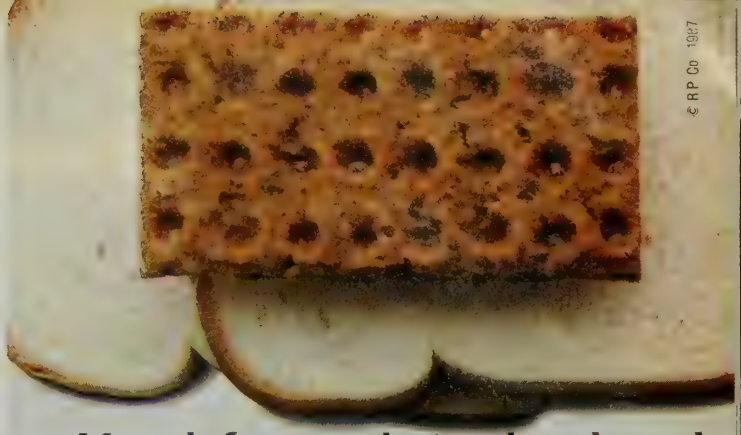
- ½ cup sliced green onion
- 2 teaspoons curry powder
- 1 tablespoon cooking oil
- ½ cup millet
- ½ cup apple juice
- 1 teaspoon instant beef bouillon granules
- 1 medium apple, cored and chopped
- ½ cup raisins
- ¼ cup chopped peanuts

Cook onion and curry in hot oil till tender. Carefully add millet, apple juice, bouillon granules, and ¾ cup *water.* Bring to boiling; reduce heat. Simmer, covered, 25 minutes. Stir in last 3 ingredients. Cook, covered, 4 to 5 minutes or till apple is tender. Makes 6 servings.

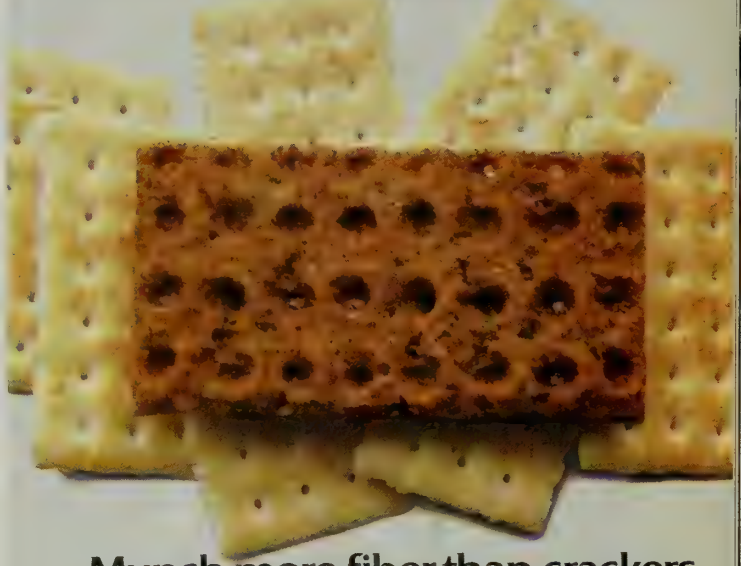
***Nutrition information per serving:*** 182 cal., 4 g pro., 32 g carbo., 6 g fat, 0 mg chol., 60 mg sodium.



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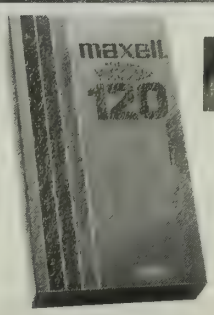
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# WHEN ANIMALS MISBEHAVE

## EASY ADVICE TO MAKE YOUR PETS PAW THE LINE

**Most pets want to please their owners. But it's up to you to teach them the rules in your household.**

### TRY THESE IDEAS

- **Cats that scratch on your furniture**—If your cat uses a scratching post made from a rug or other material, it may find a similar material on your favorite couch or carpet. Consider getting a scratching post made of cork. Introduce the cat to its new post the moment you spot the animal attacking the furniture. Praise your pet each time it returns to the post for a luxuriating scratch.
- **Dogs that bark when left by themselves**—Praise your pet before leaving home and again when you return. The dog will associate your comings and goings with the extra attention you give it and remain content and quiet while alone.
- **Water pistols that let your pet know who's boss**—A quick, harmless squirt can get the message across when a reprimand is needed. Use a water gun *only* for selective situations. If you squirt your dog for jumping on the bed, roughhousing with kids, and other misdeeds, the animal may think of your behavior as something annoying that you do, and not as a punishment for a specific bad habit. But, if you spray the dog only when it jumps on the bed, it will learn quickly that if it jumps on the bed, it's going to get wet.

### SEND US YOUR IDEAS

Help families everywhere raise happy, obedient pets. We'll credit your name when the idea is printed in the magazine. **CONTACT:** ***Pet Problems, Features Dept.,*** **Better Homes and Gardens,** ***1716 Locust St., Des Moines, IA 50336.*** BHG




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# GOOD NEWS ABOUT PETS

## IEW PRODUCTS, NEW TRENDS

**Social researchers tell us that ets are more important to our lives han ever. So, it's no wonder that et trends have become news. leanwhile, companies and organiations have invented ways to make our pets' lives (and yours) easier nd more rewarding.**

### OWNSIZED DOGS

Small dogs are growing in popularity, according to the American Kennel lub. The group, which registers and ompiles statistics on purebred dogs, nnounced that the cocker spaniel was merican families' most popular breed uring the past year. Other smaller reeds on the rise include dachshunds, hih Tzus, and Chihuahuas. One possile reason for the trend: Young famlies, living in smaller urban homes, ave no room for large, active pets.

### ET HEALTH INSURANCE

Pets stand a 50-percent chance of beoming seriously ill or injured during heir lifetimes. Owners can protect hemselves against mounting pet ealth care costs. The Animal Health nsurance Agency is the first company o offer pet health insurance nationwide. Premiums range from $36 to $89 per year. The plan has been endorsed by the American Humane Association. **CONTACT:** ***The Animal Health Insurance Agency, Inc., 24 Delay St., Suite 5, Dept BHG, Danbury, CT 06810 (800/345-6778).***

### TURTLES NEED LOVE, TOO

The New York Turtle and Tortoise Society has slowly but steadily united hundreds of turtle owners worldwide. The society's meetings, field trips, and advice-filled publications aim to increase awareness of these intriguing reptiles. **CONTACT:** ***The New York Turtle and Tortoise Society, c/o Suzanne Dohm, President, 365 Pacific St., Brooklyn, NY 11217.*** BHG






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# BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens®* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

**THE BETTER HOMES AND GARDENS® HOME IMPROVEMENT CONTEST WINNERS**

**Page 70: Siding**—Republic Aluminum, Alumark, P.O. Box 65564, Charlotte, NC 28265. **Windows**—The Rolscreen Company, 100 Main St., Pella, IA 50219.

**Page 71 (*top*): Piano**—Young Chang, 13336 Alondra Boulevard, Cerritos, CA 90701. **Chairs**—Siesta Westnofa, 7040 N. Austin, Niles, IL 60648. **(*Right*): Cooktop**—Thermador, Div. of Norris Industries, 5119 District Boulevard, Los Angeles, CA 90040. **Sink**—Kohler, Kohler, WI 53044. **Dishwasher,** Kenmore— Sears, Roebuck and Company, Sears Tower, Chicago, IL 60684.

**Page 72: Drill press,** Craftsman—Sears, Roebuck and Company, Sears Tower, Chicago, IL 60684.

**Page 73: Paints**—Sherwin-Williams Company, 101 Prospect Ave., NW, Cleveland, OH 44115. **Wicker furniture**—Riverbend Wicker, 646 Westfield St., West Springfield, MA 01089.

**Page 74: Armchair fabric**—Robert Allen Fabrics, 55 Cabot Boulevard, Mansfield, MA 02048. **Drapery fabric,** "Etruscan Satin"—F. Schumacher & Company, 939 Third Ave., New York, NY 10022. **Faux paint for table**—Pratt and Lambert, Incorporated, Box 22, Buffalo, NY 14240.

**Page 75 (*center*): Sink**—Artesian, 201 E. Fifth St., Mansfield, OH 44901. **Fixtures**—Delta Faucet Company, P.O. Box 31, Greensburg, IN 47240. **Tile**—American Olean, Div. of National Gypsum, 1000 Cannon Ave., Lansdale, PA 19446. **Tub**—Kohler, Kohler, WI 53044. **Shower**—Moen, Div. of Stanadyne, 377 Woodland Ave., Elyria, OH 44035. **Greenhouse window**—Peerless Products, Inc., 2534 Madison Ave., Kansas City, MO 64108. **(*Bottom*): Commode**—Kohler, Kohler, WI 53044.

**Page 76: Spa**—Hallmark, 2785 Algonquin Rd., Rolling Meadows, IL 60008. **Tile**—Color Tile, 515 Houston St., Ft. Worth, TX 76102. **Windows**—Semco, Merrill, WI 54452. **Door**—Peachtree, P.O. Box 19682, Atlanta, GA 30325. **Chairs**—Telescope Folding Furniture, RFD 2, Granville, NY 12832.

**SEW-IT-YOURSELF DECORATING**

**Pages 78–79: Bed**—Childcraft, Box 444, Salem, IN 47167. **Rug,** Kidurries, "Goyal"—Century Rug, 151 W. 30th St., New York, NY 10001. **Fabrics,** Vanity Fair Collection—Waverly Div. of F. Schumacher & Company, 1-800/423-5881.

**Page 80 (*left*): Window treatment fabric,** Open House II Collection, "Country Manor"—Waverly Div. of F. Schumacher & Company (see 800 number above). **Chair**—Jeffco, 1 N. Broadway, White Plains, NY 10601. **Plant stand**—Brandt, Hagerstown, MD 21741. **Rug**—Stark Carpet, 979 Third Ave., New York, NY 10022. **(*Bottom right*): Window treatment fabric,** Country Elegance Collection, "Knole"—Waverly Div. of F. Schumacher & Company (see 800 number above). **(*Center right*): Window treatment fabric,** Country Elegance Collection, "Devonshire"—Waverly Div. of F. Schumacher & Company (see 800 number above). **(*Top right*): Window treatment fabric,** Country Elegance Collection, "Lafayette"—Waverly Div. of F. Schumacher & Company (see 800 number above).

**Page 81 (*bottom left*): Window treatment fabric,** Open House I Collection, "Garden Fantasy"—Waverly Div. of F. Schumacher & Company (see 800 number above). **(*Center left*): Window treatment fabric,** Country Elegance Collection, "Savoy"—Waverly Div. of F. Schumacher & Company (see 800 number above). **Lamp**—Wildwood Lamp Company, Rocky Mount, NC 27802-0671. **(*Top left*): Window treatment fabric,** The New York Botanical Garden Collection, Vol. 2, "Candy Stripe"—Waverly Div. of F. Schumacher & Company (see 800 number above). **(*Right*): Window treatment fabric,** Open House II Collection, "Rose Hall"—Waverly Div. of F. Schumacher & Company (see 800 number above). **Chair**—Century Furniture Company, P.O. Box 608, Hickory, NC 28603.

**CLUTTER CUTTERS**

**Page 85 (*top left*): Coat tree**—Amisco, CP 250, L'Islet, Quebec, G0R2C0, Canada. **Child's chair**—Durr Ltd., 4386 France Ave., S, Edina, MN 55410.


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(*Bottom left*): **Towels,** Martex—WestPoint Pepperell, 1221 Ave. of the Americas, New York, NY 10020. (*Bottom right*): **Beach bags**—Import Specialists, 82 Wall Street, New York, NY 10005.

**SLIMMING DINNERS FROM YOUR MICROWAVE**

**Page 90 (*top*): Flatware,** "Aspen"—Trend-Pacific Incorporated, 507 Towne Avenue, Los Angeles, CA 90013. **Plate,** "Colorings"—Waechtersbach USA, Incorporated, 8300 NE. Underground Drive, Kansas City, MO 64161. (*Bottom*): **Plate**—Mikasa, 41 Madison Avenue, New York, NY 10010.
**Page 91: Flatware,** "Cia"—Trend-Pacific Incorporated, 507 Towne Avenue, Los Angeles, CA 90013. **Plate,** "Accent"—Hutschenreuther Corporation, 100 Shaw Road, North Branford, CT 06471.
**Page 92 (*top*): Plate,** "Trimister"—Anchor Hocking Glass Corporation, Fifth and Pierce Streets, Lancaster, OH 43130. (*Center*): **Au gratin dish**—Fox Run Craftsmen, Ivyland, PA 18974. (*Bottom*): **Plates**—Fitz & Floyd, 1371 Round Table, Dallas, TX 75247.
**Page 96 (*top*): Plate,** "Les Bands Pink"—Fitz & Floyd, 1371 Round Table, Dallas, TX 75247. (*Bottom*): **Plate,** "Palatino"—Villeroy & Boch, 41 Madison Avenue, New York, NY 10010.

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**Page 113 (*left*): Platter,** "Mirabell"—Hutschenreuther Corporation, 100 Shaw Road, North Branford, CT 06471. **Teapot,** "Arcadia"—Royal Doulton, 700 Cottontail Lane, Somerset, NJ 08873. **Saucer, cup,** "Palatino"—Villeroy & Boch, 41 Madison Avenue, New York, NY 10010. **Napkin**—Now Designs, 540 Hampshire, San Francisco, CA 94110. (*Right*): **Plate, bowl,** "Western"—The Great American Stoneware Factory by Western Stoneware, P.O. Box 288, 521 W. Sixth Avenue, Monmouth, IL 61462. **Spoon**—Dansk International Designs, Incorporated, Radio Circle Road, Mt. Kisco, NY 10549.
**Page 114 (*right*): Tureen, bowls**—Waechtersbach USA, Incorporated, 8300 NE. Underground Drive, Kansas City, MO 64161.

**GARDENER'S LOG**
**Eight Great Garden Varieties**

**Page 117: Delphinium, aster**—W. Atlee Burpee Company, 300 Park Avenue, Warminster, PA 18974. **Rose, lily**—Wayside Gardens, Hodges, SC 29695-0001. **Tomato, dahlia, echinacea, craspedia**—Park Seed Company, Cokesbury Road, Greenwood, SC 29647-0001.




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# DIET AND HEALTH

By Lynn Phelps and Joy Taylor

## CUTTING DOWN ON FAT

*Say cheese and stay slim*

Pizza, lasagna, cheeseburgers! Melting and oozing cheese—who can live without it? Cheese brings variety, flavor, and deliciousness to our cooking and eating, and—when enjoyed in moderation—good nutrition.

For all the nutritional pluses in cheese (calcium, protein, riboflavin, vitamin A, and zinc), it can be a source of hidden fat. In fact, 65 to 75 percent of the calories in most cheeses come from fat! Even "low-fat" cheese products average about 40 percent of their calories from fat.

The truth is that the very nature of the smooth and creamy cheese you love depends on fat. Without it, cheese can become dry and crumbly. Fortunately, many dairies have successfully created natural cheeses that are lower in fat. Look for these products in your cheese case. Another alternative is to use pasteurized processed cheeses, which have less fat; but unfortunately, they have a little more sodium.

Turn in your cheese slicer, you ask? The American Heart Association says no, though you should be aware of the fat in cheese and select lower fat varieties or substitute cheese for meat in a meal. Search out cheeses made with skim milk instead of whole milk. Here's what the American Heart Association suggests:

● **Your best option:** Enjoy any cheese with less than 2 grams of fat per ounce and made primarily from skim milk. (These cheeses include pot cheese, part-skim ricotta, cottage cheese, skim farmer cheeses, and many diet cheeses.)

● **Your second best option:** Substitute cheeses with 3 to 5 grams fat per ounce (such as whole milk ricotta, sapsago, and part-skim mozzarella) for meat in a meal. Ounce for ounce, the two are similar in fat and protein.

● **For occasional treats:** Cheeses in the 6 to 8 grams of fat per ounce range (blue, Brie, feta, pasteurized cheese spread, fontina, Gouda, Jarlsberg, Limburger, Monterey Jack, Neufchâtel, Parmesan, pasteurized processed cheese, and Swiss) are usually made from whole milk and are high in saturated fats and cholesterol. Use these cheeses sparingly in place of meat.

● **For rare treats:** Savor higher fat cheeses—in the range of 9 to 11 grams of fat per ounce—infrequently. These cheeses, made with whole milk and added butterfat, include gjetost, cheddar, colby, cream cheese, Roquefort, and many soft cheeses with seasonings.




### GOOD IDEAS FOR CHEESE LOVERS

- In dips and spreads calling for cream cheese, use pot cheese instead.
- Spread pot cheese on wheat crackers instead of triple cream cheese.
- Grate sapsago onto pasta instead of Parmesan.
- Always use *low-fat* ricotta, cottage cheese, and mozzarella when making recipes that call for these ingredients.
- If you don't want to forgo the rich flavors of cheddar, Swiss, colby, and Monterey Jack, use less and supplement with skim milk farmer cheese.
- Use scamorze to make cheese sandwiches. Or, use the cheese as you would mozzarella.

### What's on Your Mind?

If you have diet and health concerns, favorite good-health recipes, and cooking tips, we'd like to hear from you. Send letters to: Diet and Health, P.O. Box 7, Des Moines, IA 50336. No materials will be acknowledged or returned. BH&G

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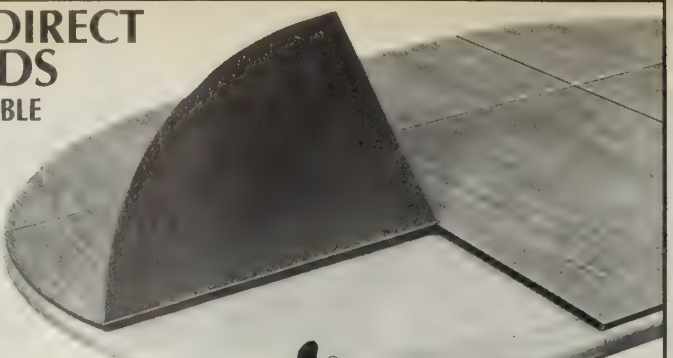
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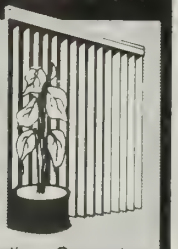
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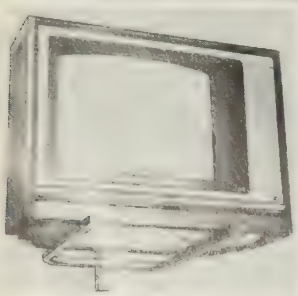
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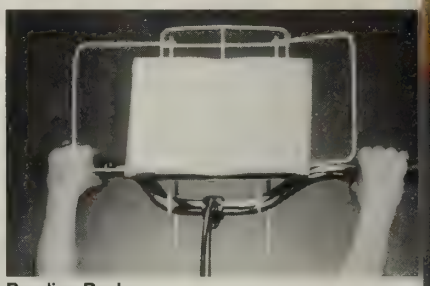
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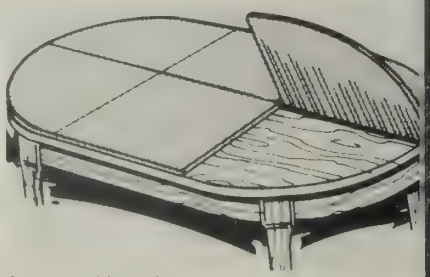
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*By Arlene Avil*



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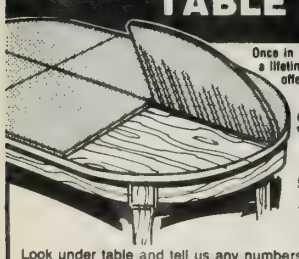
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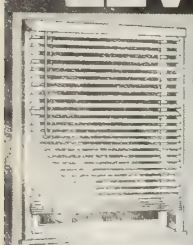
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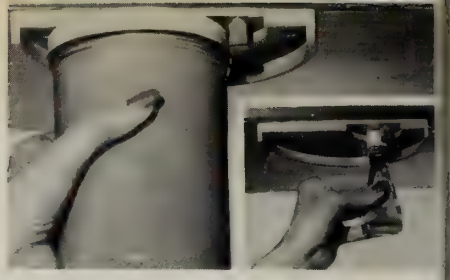
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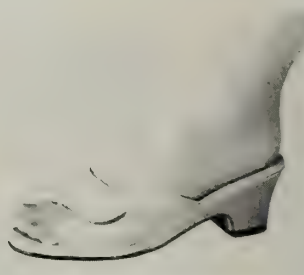
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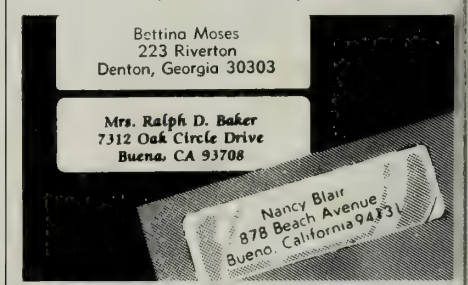
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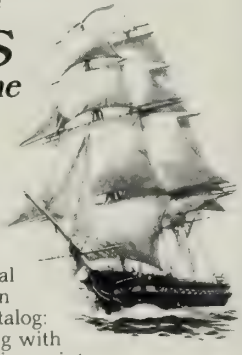
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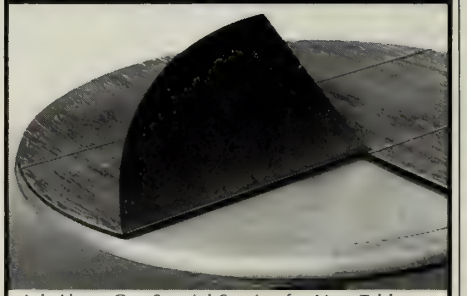
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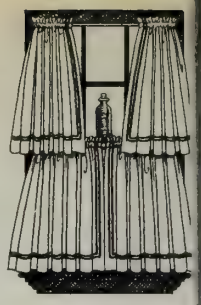
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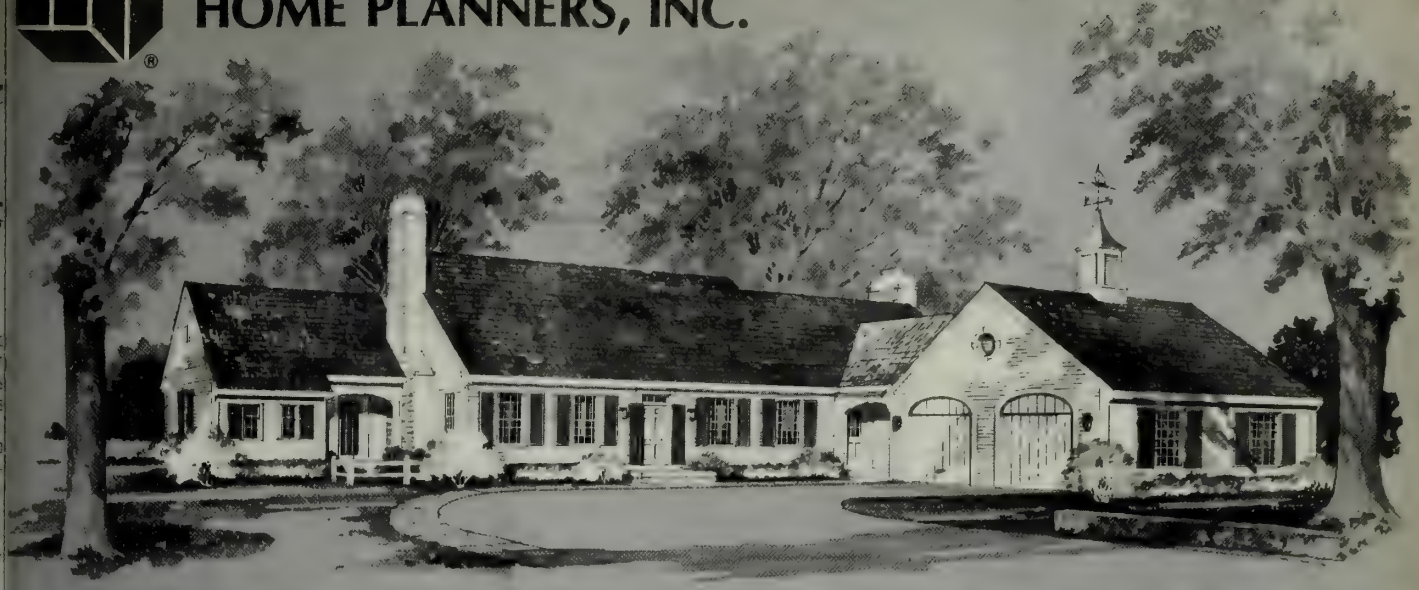
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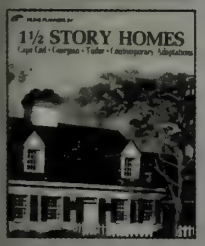
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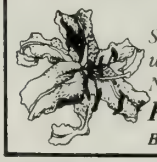


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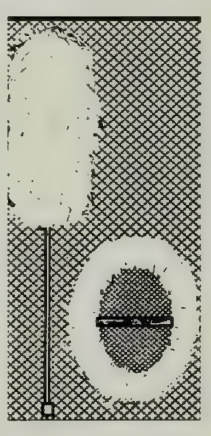
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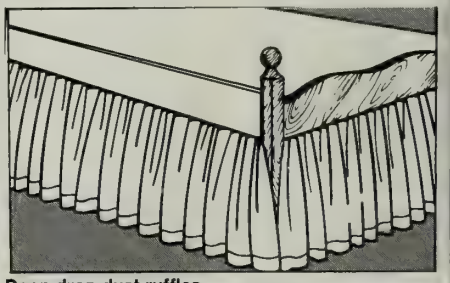
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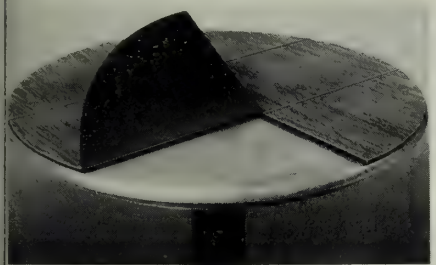
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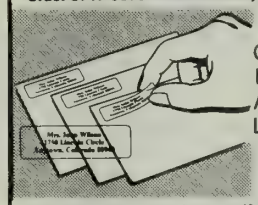
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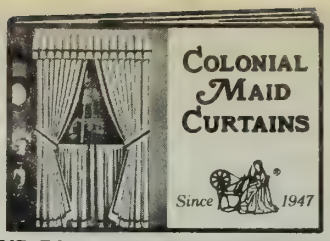



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*continued from page 79*




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# THE MAN NEXT DOOR®

Aunt Emma reports that her town is so small, the bridal registry is at the hardware store.

---

Isn't it miraculous that the same doctor whose writing looks like hen scratchings has the dexterity to perform exquisitely delicate surgery?

---

Dot Dresch, commenting on the mobs of men and women using the local YMCA jogging track, said she believes "we've wiped out tired blood in our time."

---

We've been getting a lot of letters from our congressman, presently touring eight European capitals. Chris calls it "junket mail."

---

Lee Bayless commented the other day that he pays little heed to predictions of doom, offering as proof that "the metric system never caught on, did it?"

---

Our friend Elaine Cowan complained about an acquaintance who talks of nothing but how successful her diet has been: "Her waist has gone to her head."

---

Ben Franklin said that early to bed and early to rise made you healthy, wealthy, and wise. If he were alive today, that advice would be on a videocassette called "The Ben Franklin Workout."



*"[illegible] as [illegible] what you did with his closet space."*



*"Will this be an open-disk test?"*

Old age, according to Grandpa Hillis, is when you start forgetting everything but your age.

---

"We're pleased to present you with this complimentary personal manual data base," said the letter from my insurance company. And to think I almost mistook it for a calendar.

---

Judy has a new definition of a conditioned reflex: "It's when you yawn while turning on the TV."

---

I don't understand why our kids scour the refrigerator for leftovers we don't have, but totally ignore the ones that are in there.

---

"Sure we have a lot of government these days," says grumpy Ned Carter, "but just think how much worse off we might be if we got all we're paying for."

---

A stomach ulcer, Dr. Bob Hannelly suggests, is often the only part of us that listens to our conscience.

---

Our Christmas tree has been gone a week, but the living room still looks empty without it.

*We had a small crisis at our house one recent Saturday night when the furnace quit working while the temperature dropped well below zero.*

*It took me only a few moments of poking around at the furnace to recognize that I didn't even know what to look for.*

*After I kept getting a busy signal on the emergency number for what seemed like hours, the operator at our natural gas company said that it might be morning before a repairman could get to us.*

*While I set about building a roaring fire in the fireplace, Chris made sure the cupboard doors under the kitchen sink were open so the pipes wouldn't freeze, then warmed up the kitchen by whipping up a batch of muffins in the oven.*

*Meanwhile, Judy and Burt, Jr., dug out air mattresses and sleeping bags and laid them out in the living room around the fireplace. After finishing our snack, we all settled into our bags for the night.*

*Just as I was drifting off, I heard Burt, Jr., say to anyone who might be listening, "This is so much fun, we ought to do it every week."*

*I had to agree.*

Burton Hillis

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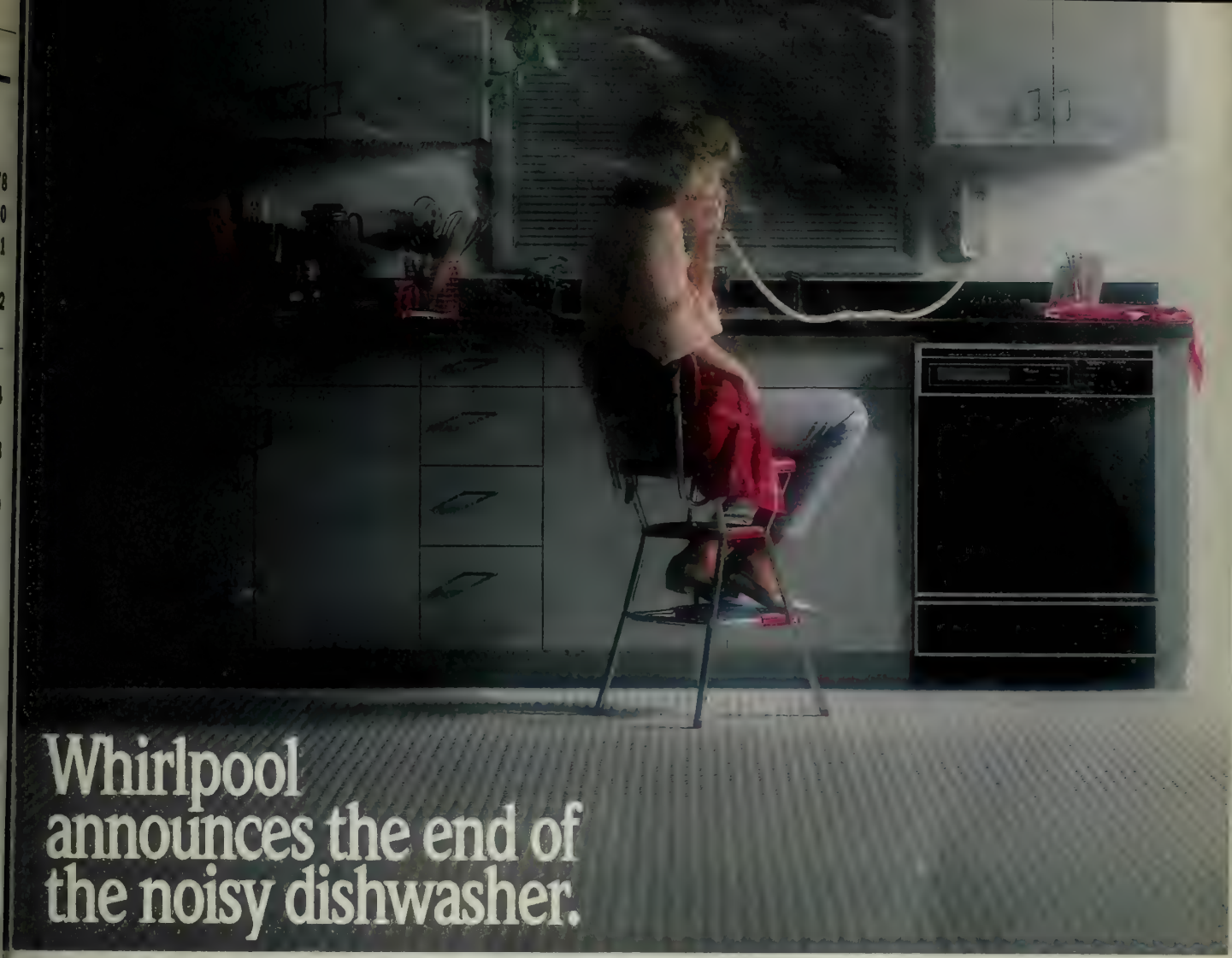
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**Shopping Editor's Choice** ..... **165**



# Whirlpool announces the end of the noisy dishwasher.

Until now, using a dishwasher was a trade-off: Clean dishes for a noisy kitchen. But this Whirlpool® dishwasher with our exclusive Quiet Wash System keeps the cleaning power and reduces noise. It's so quiet you can run your dishwasher and still enjoy your conversation.

**The secret of our Quiet Wash System.™** We put our engineers to work creating a quiet dishwasher for your kitchen. They designed a quieter motor, redesigned the pump and lined the door with multiple layers to reduce sound from inside the tub. Then they wrapped this already quieter dishwasher in an extra layer of sound-absorbing insulation. We think you'll be pleased when you hear the results.

**Clean dishes and easier clean-up too.** This Power Clean™ dishwasher has our patented washing system for remarkably clean dishes. Of course, you expect that from a Whirlpool dishwasher. But we also designed this dishwasher to keep your kitchen cleaner. Our new Clean Touch™ console has a smooth surface, so you won't find any nooks or crannies to hide dirt as with old-fashioned push buttons. And a quick once-over cleans the control panel easily.

**A quieter kitchen is guaranteed.** You'll be satisfied with how quietly our Quiet Wash dishwasher runs, or we'll give you your money back—guaranteed.* And you'll be satisfied with the quality and performance of your new Whirlpool appliance. Repairs, if needed, will be to your satisfaction...if not, we'll replace it free for up to a year.** That's part of our 100% Customer Commitment. And it's one more way we make your world a little easier.

Whirlpool
Home Appliances
Making your world a little easier.

*Within first 30 days, finance charges not included.
**Retail purchases in the 50 states after June 1, 1987. Non-commercial use by original owner. Excludes range hoods.

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*(ADVERTISEMENT)*

# "My two skinny cousins had abandoned me..."

## By Sharon Meyer, R.N., M.S.N.

You and I have never met. But perhaps we share a common problem.

When I was seven, I lived in Longview, Texas. My two cousins and I were playing in a nearby cemetery. Like kids do, we didn't realize how late it was. It was getting dark faster than we expected. In a panic, my two skinny cousins climbed over the wall that surrounded the cemetery. No problem. But I couldn't make it. I was too heavy. Too fat. I stood there crying for over an hour, until a neighbor crawled in and helped me over the fence. I've never forgotten that experience. Nor have I forgiven the two skinny cousins who abandoned me.

For years I was teased about my weight. The kids at school called me "Malt Shop". And the teasing persisted even through high school and college. I vowed that some day I'd cease being the ugly duckling. But I was 60 pounds overweight and it seemed almost hopeless.

Several years later, after I had completed my nurses training, I was working in a hospital in northern Georgia. Through a friend, I was introduced to Dr. J. Thomas Cooper, a physician who specialized in helping severely obese people lose weight without being hungry or feeling deprived.

Obviously I was interested. So he allowed me to enroll in the program.

This certainly wasn't a "fad" diet. Not at all. It was totally different. There were no pills. No food substitutes. No herbal nutrients. No powders to mix. And everything I ate came right from our local grocery—all good wholesome food.

But the best part was that I wasn't hungry. Not in the morning. Not in the afternoon. Not at night. I was *always* eating. I ate six times a day. Three regular meals every day. Three additional snack meals every day. I laughingly complained to Dr. Cooper, "There's too much food on this diet. I can't eat it all."

As the weeks went by, I began weighing myself every day. I was so pleased I could hardly believe the scale.

Within 180 days I lost 60 pounds! I went from 193 lbs. to 133 lbs. I'm 5'7" with a medium frame, so that's just about right for me. I didn't want to become anorexic.

Since I was a nurse, I began helping Dr. Cooper monitor other outpatients who were on the diet. One 45-year-old woman began the program in the fall. Within two months she had shed 40 pounds! Like me, she experienced no hunger or feelings of nervousness. None at all.

Another outpatient—a 34-year-old man—began the program in April. By September he'd lost 76.6 pounds.

One 56-year-old Atlanta woman lost 39.5 pounds in just eight weeks. Again, no hunger, no loss of energy, no nervousness.

### THE SECRET

The secret of Dr. Cooper's program is the *special combination* of foods you eat. You don't count calories. Only portions. These portions and combinations of food create a negative caloric process that continues all day long . . . a complete 24-hour fat burning cycle. Fat is burned away around the clock. Not just in unhealthy spurts and fits like many diets. That's why it lets you shed pounds so easily. And without hunger.

### KEEPS YOU SLIM FOR YEARS

How many times have you shed 10 or 20 pounds only to find yourself regaining every pound within six months? That's the real problem.

The reason most people regain weight is that we're all creatures of habit. We all have "eating lifestyles". Our normal eating habits include three meals a day plus two or three snacks. We all love snacks. Especially at night.

But most diets try to force us to change all that. And that's why they fail.

With Dr. Cooper's program, however, you *continue your normal eating lifestyle.* You eat five to six times a day. You can snack when you wish. So when you lose the weight, you can keep it off. For good. Period.

Consider these additional facts . . .

- ☐ The Program is easy to follow. It fits easily into your busy schedule—even when you're eating in restaurants or with friends.
- ☐ The Program is healthy. It's high in essential fiber and roughage, low in fat, very low in simple sugars and has ample protein for anyone.
- ☐ There is no ketosis. No foul breath odor.
- ☐ Best of all, you'll be encouraged to eat a wide variety of foods. Meats like beef, ham, pork, chicken, fish and more. Great soups, great sandwiches, a wide variety of cheeses, fruits and vegetables. Even potatoes. But you must follow the specific menus and portion plan to make the program work.

As you can probably tell, I'm so excited about the program, I want to share it with you. So what would you do if you were in my shoes?

I've convinced Dr. Cooper to put everything—all of the menus, daily portions—the complete program (including the maintenance diet) into an easy-to-follow instruction package. Green Tree Press in Erie, Pennsylvania, is marketing it for us.

Our guarantee is simple.

1. Write your name and address on a plain piece of paper and enclose a check for $9.95, BUT POST-DATE IT 30 DAYS IN ADVANCE. That way it's not cashable by us or anyone for a full month. You can, in fact, stop payment on it any time during the next 30 days. It's not really money. So you'll be able to try the program—and lose weight—without paying a penny. There is absolutely no risk to you.
2. We'll send you the complete program immediately. Try it. If you don't begin losing weight—quickly and without hunger—simply return the materials within the 30-day period. WE'LL PROMPTLY RETURN YOUR ORIGINAL UNCASHED CHECK. NO DELAYS. NO EXCUSES.

Or, try the program for SIX MONTHS. If you're not delighted with the results, simply return it. We'll send you a complete refund.

This is the fairest way I know to let you TRY the program at no risk to you.

To order, send your name, address and post-dated check to me, Sharon Meyer, Green Tree Press, Inc., Dept. 493, 3603 West 12th Street, Erie, PA 16505.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Bank and Business references are available upon request.

## READ THESE ACTUAL CASES...

- *Paula K. is 45 years old. She began the Cooper weight loss program in the fall. Within two months she shed 40 pounds—no hunger, not even a pang.*
- *Susan S. is 29 years old. She dropped 30 pounds to only 128.2 and maintained her new weight — even over the Christmas holidays.*
- *Ronnie B. is 25. He lost almost 60 pounds . . . from 227.2 lbs. to 168.4 lbs. Like the others he reported absolutely no hunger and absolutely no energy loss.*
- *William M. is a machinist in his late 40's. Both hypertensive and diabetic, he lost 22 pounds in only six weeks with absolutely no hunger.*
- *Patricia R. is a housewife in her mid-40's. She lost 33 pounds in five weeks. She ate so much during the diet that her sister, who saw her eating, began the diet three days later.*
- *Carl R. is 52. He lost 44.8 pounds in five months . . . again, no hunger or lack of energy.*

### AN IMPORTANT REMINDER...

As your weight begins to drop rapidly, do not allow yourself to become too thin.

It's also very important to consult your physician before commencing any weight loss program. Show him this diet. And be sure to see him periodically if you intend to take off large amounts of weight.

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# Now... look who's waiting to come live in your home!

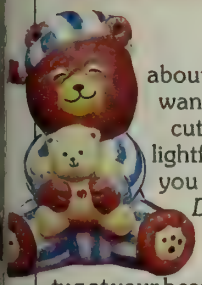



*Bears shown smaller than actual size of 2" – 3".*

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The issue price of each figurine is only $9.50 (plus $1.75 shipping and handling) — a modest price to pay for an original work of hand-painted porcelain art, rich with detail. This low price is guaranteed for all twenty-four figurines. Moreover, *Bears of Distinction* is a private commission and is available only from Bronson Collectibles.

*Send no money now.* Simply mail the reservation application promptly. You will receive a new figurine every month and will be billed for each shipment. You may charge each installment to your VISA or MasterCard.

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Ms. _____
Mrs. PLEASE PRINT NAME CLEARLY

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State/Zip _____

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☐ VISA ☐ MasterCard

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Account Number

_____
Expiration Date

Signature _____

*Conn. residents add $.85 state sales tax.

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*In 1908, Deirdre Fischer decided to sneak a cigarette while checking on her safety deposit box.*

*The bank decided to make an early withdrawal.*

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# 60 seconds of health

*by Dr. Jerry B. Johnson*

### *Who says all calcium supplements are alike!*

By now, you're probably aware that most women need to supplement their diet with calcium to help keep bone healthy. Also be aware you should be choosey about which one you pick!

Many brands are packaged to look like




CALTRATE,® the best known calcium supplement. But independent laboratory tests proved CALTRATE *dissolves* fast for easy absorption, and many cheaper imitations *do not.* Calcium *must* be absorbed to do any good!

When you compare CALTRATE to other brands on the shelf, you'll spot even more advantages.

You'll find CALTRATE has the calcium *doctors recommend* most (calcium carbonate), and Posture® *does not.* That CALTRATE delivers *more calcium per tablet* than Os-Cal®—and it's not made from oyster shell. And a little simple arithmetic will tell you that just *one* CALTRATE *equals three* Tums®—*without the sugar.*

So think twice before you pick just any calcium supplement. Get the CALTRATE advantages.

It pays to be choosey.

### *Everything you take a fiber laxative for. And more.*

Another thing to be super-choosey about is your laxative.

Because, now, laxative science has developed a whole new way for you to enjoy healthy regularity and good digestive health. Its name is FiberCon.®




With FiberCon tablets, you'll get the fiber action of the leading bulk powder laxatives in more concentrated form.

And you'll get a healthful, natural nudge toward normal regularity that no harsh chemical laxative can approach.

Convenient? Two easy-to-swallow FiberCon tablets sure beats having to take a whole glassful of powdered fiber laxative. There's no measuring, mixing or thick liquid to drink with FiberCon.

What's more, FiberCon is far less likely to give you a bloated, too-full feeling. FiberCon is rich in calcium. And each tablet contains less than *one calorie!*

Next time you need a laxative, get the one with more benefits for your body.

Look for FiberCon.

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# EDITOR'S LETTER

## HOMES AND HOMELESSNESS

**Dear Readers,**

Did you know that the typical homeless person in the United States today is a child under the age of five? An estimated one million kids are homeless in this country, half under age five. Tonight, those children will either be on the streets or in temporary shelters that provide little more than basic protection from the elements. How can this be? What's happened to our country? Is this the America we want for ourselves and our families?

Almost 40 years ago, as the veterans were flooding home from World War II, our Congress resolved that all Americans should have decent housing, and that it was the task of government to help achieve that goal. That's what VA loans and the FHA were all about. That's what tax incentives for building low-income housing and apartment houses were all about.

***"How can this be? What's happened to our country? Is this the America we want for ourselves and our families?"***

Today, that commitment to the American Dream is essentially dead. Homes, the basic building blocks for family life, are endangered at every level of the economic spectrum. Public housing has been, by and large, shut off. Builders can't afford to build low-cost housing anymore. They're put in a situation, because of financing and tax changes, from which they can profit only by building luxury housing.

As of now, the entry-level market for home ownership has dried up for all but the two-income young professionals who make a lot of money. The future faced by a great many young families in this country is that they'll never own a home of their own. I'm talking about your kids and mine.



**A typical homeless American . . .**

Furthermore, if this situation continues, every homeowner eventually will be affected, because if too few can buy entry-level housing, the whole market will fall like dominoes, and we will all lose the tremendous investments we have in our homes.

This month, our features editor, Margaret Daly, has written an "Of Concern Now" article detailing the depth of the problem, beginning on *page 39.*

But we aren't going to let it go at that. We'll be following up with other articles on possible solutions, success stories, and, shortly before the presidential election in November, the views of the presidential candidates on how to deal with the situation.

I hope you'll read all these articles and everything else you can find to inform yourself on housing issues in this election year. And, I hope you'll ask anyone asking for your vote what he or she intends to do about the housing crisis in this country—your house, my house, the houses our kids want to buy someday, housing for our poor and elderly, and especially, for those little children with no homes at all.

David Jordan

David Jordan, Editor



# THE DURKEE 15-MINUTE* CASSEROLE

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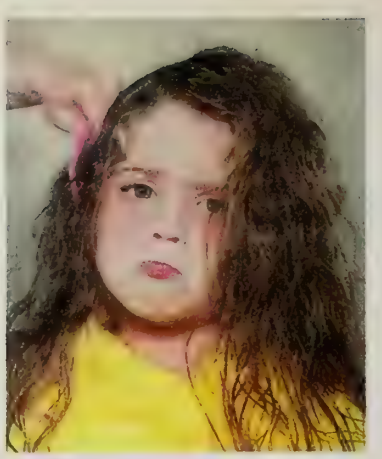

### Mexican Stuffed Shells
***(Ready To Bake In Just 15 Easy Minutes)**

| | |
|---|---|
| 12 pasta stuffing shells, cooked and drained | ½ cup water |
| 1 pound ground beef | 1 can (8 oz.) tomato sauce |
| 1 jar (12 oz.) medium or mild picante sauce | 1 can (4 oz.) chopped green chilies, drained |
| | 1 cup (4 oz.) shredded Monterey Jack cheese |
| | 1 can (2.8 oz.) Durkee French Fried Onions |

Brown ground beef; drain. Combine picante sauce, water and tomato sauce; stir *1/2 cup* into ground beef along with chilies, *1/2 cup* cheese and *1/2 can* French Fried Onions; mix well. Pour half of remaining sauce mixture on bottom of 10-inch round or 8 x 12-inch baking dish. Stuff cooked shells with ground beef mixture. Arrange shells in baking dish; pour remaining sauce over shells. Bake, covered, at 350° for 30 minutes. Top with remaining cheese and onions; bake, uncovered, 5 minutes longer.

Preparation time: 15 minutes — MAKES 6 servings.

**MICROWAVE DIRECTIONS:** In 8x12-inch baking dish, crumble beef. Cook, covered, on HIGH 5 minutes; stir and turn halfway through cooking time. Drain. Prepare as above. Cook, covered, on HIGH 10-12 minutes; turn halfway through cooking time. Top with remaining cheese and onions. Cook, uncovered, on HIGH 1 minute. Let stand 5 minutes before serving.



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with Johnson's no more tangles.*

- Takes out tangles easily and painlessly.
- Leaves hair cleaner, shinier, prettier, with a fresh, clean scent.

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# FAMILY NETWORK

## Readers' comments and solutions to family and community problems

### Taking the chores out of birthdays

In order to make birthdays more special—and to deemphasize the materialism of gift-giving—we invented "Birthday Week." During the week before a birthday, all the person's regular chores are done by other family members. It's great fun to put your feet up and tease the others while they do your share. They don't really mind, because they know they'll get their turn.

*Jean Gilbert*
*Walnut Creek, Calif.*

### Babyproof your house

A great way to babyproof your house is to get down on your hands and knees and crawl through the entire house to see what infants see (wires, outlets, etc.). You'll be amazed at what you have overlooked.

*Deborah Petrucello*
*Millbrae, Calif.*

### Fixing up friends' homes

A friend got together with other singles to form a group they call Home Buddies. Each month, they spend a day doing a fix-up project at one of their homes—jobs such as hanging doors, priming walls, stripping woodwork. The host or hostess provides dinner.

*Judith Kirkwood*
*Madison, Wis.*

### No gifts, please!

How do you celebrate the birthday of an older friend or relative who wants no presents? Perhaps with a "love in" reception with requests on the invitation for only "hugs, kisses, or handshakes." Tip: Do a little "This Is Your Life" research to find guests who are meaningful in that person's life.

*Maxine Schweiker*
*Scottsdale, Ariz.*

### Match your teen's savings

Teen-agers never seem to have enough money. My husband came up with an idea to encourage our son to save money, which in turn motivated our son to go out and earn extra money. We match every dollar our son puts into savings. Not only has our son deposited his entire allowance, he also has gone door-to-door with a bucket, a sponge, and a chamois, offering to wash cars for a fee.

This has become his new spending money while his allowance goes into savings. The beauty of the solution is that he's always thinking up new ways to go out and make a buck.

*Dorothy Gander*
*Fresno, Calif.*

### Competing for grandchildren's love

My daughter's mother-in-law and I and the two grandchildren that we share live in the same town about six miles apart. Basically, we all get along well except for one problem.

I am retired and live on social security plus part-time work. The other grandmother is wealthy. She showers the grandchildren with costly gifts. I take them on picnics, to parks, and to movies. Now that they are 8 and 10 years old, they always want to go to the other grandmother's home and not come to see me. I'm hurt, and don't know how to handle my feelings when I see the other grandmother.

### WRITE TO US

Family Network welcomes letters from you, our readers, describing how you or your friends and neighbors solved problems involving family or community, or letters asking for help with an unsolved problem. Write to Family Network, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each letter published.

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**America's best-selling mini-van.***

Your first look tells you Aerostar is a superbly versatile mini-van, with a style all its own. Its design is sleek, modern, aerodynamic. The wind works for it, not against it. With luxurious touches throughout and its special options, Ford Aerostar is America's best-selling mini-van.

**New Eddie Bauer style.**

This year there's a sporty Eddie Bauer® model with dual front Captain's Chairs, special two-tone paint, unique interior appointments, and more. It's Aerostar with the good looks of the great outdoors!

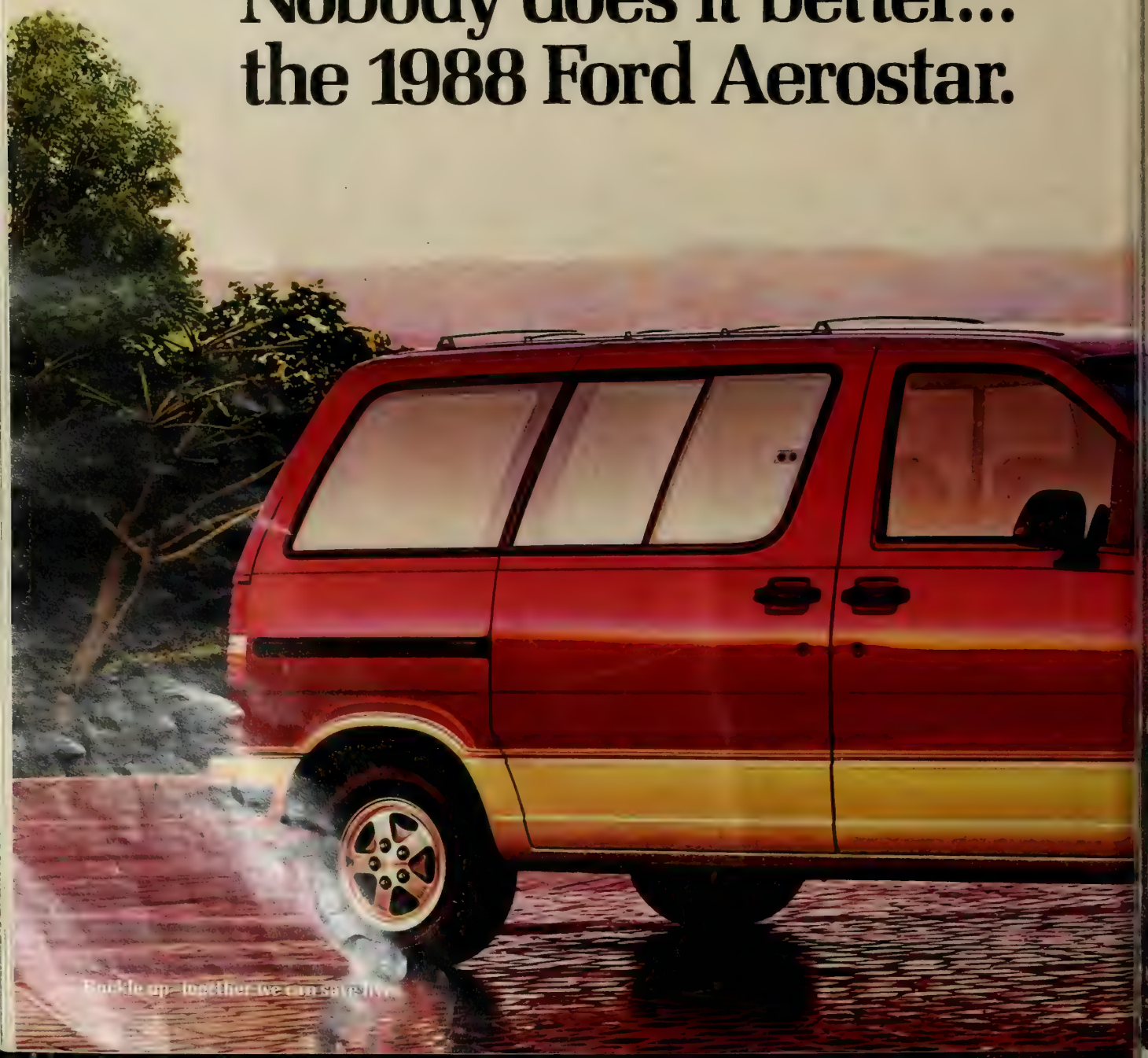
**Designed to move you.**

But Aerostar's success isn't based only on distinctive looks. Its standard 3.0L V-6 has multi-port Electronic Fuel Injection for easier starting and smooth running. It delivers a spirited 145 horsepower. That's greater than any Chrysler mini-van. And it's powerful enough to tow an impressive 4900 lbs.**

**Living room.**

Aerostar's advanced styling gives you loads of useable space. It comfortably seats up to 7 people.† Or remove both rear seats, and create 139 cu. ft. of cargo space. You can even convert Aerostar into a sleeper with the

# Nobody does it better... the 1988 Ford Aerostar.





olding seat-bed option.† All this in a mini-an that's a breeze to handle and park, prac-ically anywhere, even inside your garage.

**-Year/60,000-Mile Powertrain Warranty.** Covers major powertrain components for 6 years/ 60,000 miles. Restric-tions and deductible apply. Also, participating dealers back their customer-paid work with a free Lifetime Service Guarantee, good for as long as you own your vehicle. Ask to see these limited warranties when you visit your Ford Dealer.

**Ford. Best-Built American Trucks...seven years running.**

Based on an average of owner-reported problems in a series of surveys of '81-'87 models designed and built in North America. At Ford, "Quality is Job 1."

*Based on manufacturer's reported model year retail deliveries through July 31, 1987. **When properly equipped. Towing rating is reduced by passenger and cargo weight in towing vehicle. †With optional rear bench seat. Seat-bed optional on XL only.

**Have you driven a Ford...lately?** Ford



# SATISFACTION GUARANTEED

**90-DAY REFUND OR EXCHANGE OPTION**
DIRECT FROM GE
ON MAJOR APPLIANCES

# Get your money's worth. Or your money back.

What could be better than getting one of the best appliances money can buy?

And if something should happen to go wrong, what could be better than getting your money back?

That's why we're offering Satisfaction Guaranteed in addition to our warranties.

Satisfaction Guaranteed lets you live with our major appliances* for ninety days. And if you're not absolutely satisfied, we'll replace them. Or refund your money.

We're also the only major appliance maker with this guarantee. We also offer factory-trained service professionals and the Quick Fix program for do-it-yourselfers. And our 24-hour GE Answer Center® service. (You could call for it at 800-626-2000 about Satisfaction Guaranteed right now.)

Of course, you may never need to use our Satisfaction Guarantee.

But isn't it satisfying to know it's there if you need it?



*Applies to new refrigerators, freezers, dishwashers, compactors, washers, dryers, microwave ovens and cooking products purchased from an authorized GE retail dealer.

*We bring good things to life.*

# DREAM HOME ALMANAC

By James A. Hufnagel

## THE GREAT AMERICAN DREAM, 1988

*What's new, what's coming, what's coming back*



MARIS/SEMEL

.....TRENDS.....

### THE PANE-FULL CHOICE

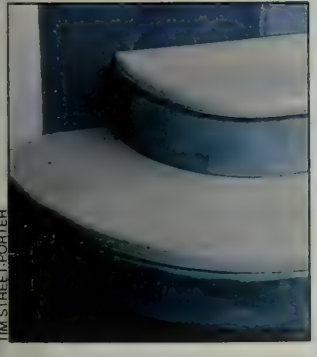
*Vive la French doors!*

With the 1980s emphasis on elegance, plain wood or glass slab doors are giving way to multipaned or raised-panel versions. If you can fit glass transoms above them, so much the better.

.....DETAILS.....

### MIX MATERIALS

*For delightful surprises*



TIM STREET-PORTER

This unlikely combination steps down from square concrete tiles to bleached oak treads and wool-carpeted risers. The custom tiles look like leather, but they feel like stone.



RICK TAYLOR

.....ARCHITECTURE.....

### CREATE A WINNING ENTRY

*And greet guests with a warm welcome*

Like a big smile and a firm handshake, a well-designed entry makes a good first impression when friends and family come to visit. This traditionally inspired foyer is a handsome case in point. It starts at the front door, which is flanked by sidelights and topped off with a Palladian-style fanlight. A wide opening in the foreground, opposite the door, introduces a dramatic two-story-high space where a graceful staircase and balcony take center stage. Big doorways open to the living room on one side, a formal dining room on the other.

**COSTS**

**SNAP • SHOT**

One reason new home prices continue to climb is the high cost of land. Today at least 25 percent of the cost of a new single family home goes for land, compared to 11 percent in 1949. Lot prices in some metro markets have gone up as much as 60 percent in one year. The main culprits: ● Feverish growth ● Restricted supply ● High development costs.



SUSAN GILMORE

.....DESIGN.....

### BYTE TO THE DRAWING BOARD

*Computerized changes*

The ultimate American dream—a new home designed especially for your tastes and needs—may soon be easier to achieve, thanks to computers.

Pioneers like Miles Homes in Minneapolis use computers to modify standard plans. Home buyers' changes that once took several hours to draft by hand can now be drawn in minutes. Jeff and Liz Luebesmier, owner-builders of the Miles home shown above, found their computer blueprints "very easy to follow."

*continued on page 18*



**Buying information, page 142.**

*continued from page 17*



HEDRICH-BLESSING

STYLE

## PAINT A ROOM WITH LIGHT

*For drama day and night*

Lighting works inexpensive magic in any room. Here windows at left and around the fireplace bring in sunshine all day long; translucent sconces wash the beadboard paneled ceiling at night.

PREVIEW

## THE ULTIMATE BATH

*See it in the March issue*




HEDRICH-BLESSING

Sinuous curves . . . neon lighting . . . a greenhouse garden . . . whirlpool tub and steam shower . . . shimmering opalescent tile. We joined forces with Eljer and *Professional Builder* magazine to show off the latest in master bath design.

AMENITIES

## OH-SO-SUITE RETREATS

*Pamper yourself with a bed/sitting room*



ERNEST BRAUN

Adding just a few square feet to the dimensions of a master bedroom can turn it into an oasis of privacy with room for a comfortable seating group. There you can tranquilly savor coffee and conversation in the morning, cocoa at night.

ENTERTAINING

## TAKE A SEAT, PLEASE

*Return of the formal dining room*



JIM HEDRICH

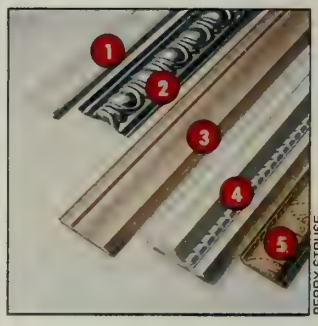
With the popularity of gourmet sit-down dinners these days, it's hardly surprising that so many Americans are bringing back the formal dining room. Round out your building plans with a dining room like the one where Grandma gathered the clan.

**HOME-TECH**

**SNAP • SHOT**

Get ready for houses that are safer, more convenient, and more efficient. High technology may revolutionize the way we manage and live in our homes.

Already home automation systems: ● Control appliances, thermostats, and security sensors from a central console, ● Let you operate the system by phone or remote control, ● Turn phones into intercoms. ● Coming soon: ● A system that responds to spoken commands.




PERRY STRUSE

DETAILS

## CORNICES MAKE A COMEBACK

*New moldings, old motifs*

Cornices vanished from ceilings about 50 years ago. Now they're showing up again. Here are five ways to crown a room:

1. *Fypon's* moldings are made of nonwarping high-density polymer.

2. Pressed metal cornices from *W.F. Norman* can trim the company's metal ceilings or stand alone.

3. Oak crown molding from *Silverton Victorian Millworks* revives a shape used 100 years ago.

4. *Nostalgia's* plaster cornices are handcrafted in the traditional way.

5. Embossed pine crown moldings from *Bendix* look great painted or natural.

*continued on page 21*



**Buying information, page 142.**

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# LOWEST TAR CHAMPION.




# NOW IS LOWEST

## By U.S. Gov't. testing method.

ALL BRAND STYLES ABOVE ARE 100mm.

Competitive tar levels reflect either the Jan. '85 FTC Report or FTC method.

BOX: Less than 0.5 mg. "tar," less than 0.05 mg. nicotine, SOFT PACK FILTER, MENTHOL: 1 mg. "tar," 0.1 mg. nicotine, av. per cigarette, FTC Report JAN. '85; BOX 100's: Less than 0.5 mg. "tar," less than 0.05 mg. nicotine, SOFT PACK 100's, FILTER: 2 mg. "tar," 0.2 mg. nicotine, SOFT PACK 100's, MENTHOL: 3 mg. "tar," 0.3 mg. nicotine, av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

J&J BPC 1987. The Clear-Top Decorator Canister Design is a trademark of J&J BPC

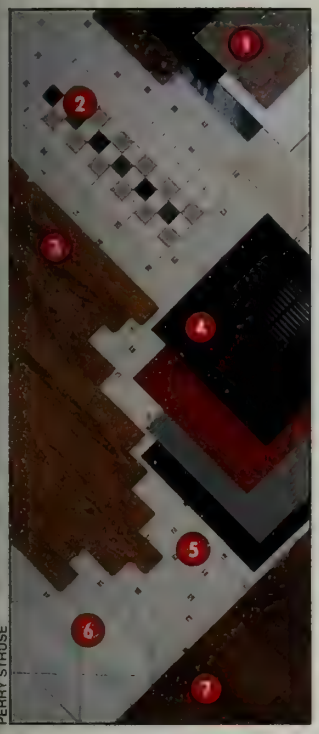



# Interior Decorators.

Now Johnson's Swabs come in five beautiful Decorator Canisters, one for every room of the house.

Johnson's
swabs
Johnson & Johnson

*continued from page 18*




PERRY STRUSE

...MATERIALS...

## NEW FASHIONS UNDERFOOT

*Flooring for every room*

When it comes to choosing flooring materials, you now have more options than ever. Here's a sampling:

1. Genuine marble tiles come in an astonishing variety of colors and patterns. From *Marble Technics.*

2. *American Olean's* new line of mosaic tiles interplays color effects.

3. Prefinished planks from *Bruce* give the look of a classic hardwood floor.

4. For a high-tech look, select rubber tiles from *Jason/Pirelli,* now in rich colors, plus gray and black.

5. Subtle splashes of color enliven *Congoleum*'s Highlight sheet flooring.

6. New from *Armstrong* is New Limits no-wax Designer Solarian II.

7. *Tilecraft*'s terra-cotta Mexican tiles create an earthy look.

.....AMENITIES.....

## THE PORCH IS BACK!

*Pull up a rocker and sit for a spell*



HOPKINS ASSOCIATES

For a while it looked as if the sun was setting on the old-fashioned porch. A false alarm... we're seeing porches come round again, often as adjuncts to a patio, deck, or other outdoor living area.

.....TRENDS.....

## THE FAMILY ROOM MOVES FORWARD

*Now some call it a "media room"*



JESSIE WALKER

With audio and video equipment merging into one comprehensive home entertainment system, you might want to plan your next family room as a mini-theater. This one lacks only a ticket booth.



.....DETAILS.....

## MAKE WAY FOR KIDS

*Roll-around toy chests*

Built-ins—the closer to the floor the better—can turn an informal eating area into between-meals play space for young children. Binlike drawers on casters pull out from under this comfortable banquette to corral art supplies.

.....STORAGE.....

## PUT IT ALL IN A PANTRY

*One-stop convenience*



A pantry custom-tailored for foodstuffs and tableware does the job of several ordinary cabinets. Best location: within pivoting distance of the dishwasher and countertops.

*continued on page 22*



**Buying information, page 142.**

*continued from page 21*

**FIREPLACES**

**SNAP • SHOT**

Home is still very much where the hearth is. In a survey of the readers of *Better Homes and Gardens® Building Ideas* magazine, 70 percent said a fireplace or wood stove topped the list of special features they would include in their next homes.




PERRY STRUSE

...MATERIALS...

## FAUX GEOLOGIC COUNTERTOPS

*The look of stone*

Synthetic stone brings cool elegance to counters—but not the upkeep hassles of the real thing. Seven examples of solids and laminates:

1. *Corian* Sierra Midnight and Sierra Dusk (solid).
2. *Nevamar* Beige Kaleidoscope (laminate).
3. *Avonite* Blue Mist Granite (solid).
4. *Pionite* Jade Pavia (laminate).
5. *Nevamar* Rose Matrix (solid).
6. *Wilsonart* Granite (laminate).
7. *Formica* Black Stone (laminate).

.....LIFESTYLE.....

## HOME IS WHERE THE OFFICE IS

*Rooms that work hard*



MARIS/SEMEL

In millions of households, at least one income earner works at home at least part of the time. This well-appointed 6×9-foot alcove off a family room gives "at the office" a new meaning.

.....DESIGN.....

## THROW A CURVE IN YOUR KITCHEN

*One good way to beat the box*



KIM BRUN

Straight, simple lines and smooth surfaces make a kitchen crisp, contemporary, and cleanable. Toss in a curve or two and you add dynamic design interest. Here a shapely oak plywood peninsula embraces and screens a circular serving counter.



JIM HEDRICH, HEDRICH-BLESSING

.....STYLE.....

## CEILINGS ARE LOOKING UP

*Watch your overhead*

Ceilings have been called the "forgotten walls," because people often tend to forget about their potential to define and dramatize a room. Here a cove bounces incandescent lighting off the ceiling. The burgundy column in the foreground calls attention to the cove treatment.

.....VALUES.....

## $$$$ FOR YOUR DREAM HOME

*Time to "move up"?*



HOPKINS ASSOCIATES

Median resale prices for houses have risen from $67,800 in 1982 to $84,600 in 1987. Sales have been brisk, too—well over 3 million, compared to 1.99 million in 1982. This means there's a market for your present home that could boost you into a more expensive house. BH&G



**Buying information, page 142.**



# YOU DON'T NEED TO SEE THEIR KITCHEN TO KNOW THEY HAVE KITCHENAID.

THE APPEAL OF OWNING THE BEST HAS ALWAYS BEEN THE APPEAL OF OWNING KITCHENAID.

AND NOW, OWNING KITCHENAID IS MORE APPEALING THAN EVER. BECAUSE WE NOW OFFER A COMPLETE LINE OF PREMIUM APPLIANCES.

DISHWASHERS, OF COURSE. IT'S THEIR QUALITY THAT MADE OUR NAME.

BUT REFRIGERATORS, TOO. GENEROUSLY APPOINTED WITH PORCELAIN WHERE OTHERS HAVE PLASTIC. AND ROLLERS, SO BINS AND SHELVES GLIDE INSTEAD OF SCRAPE.

AND BUILT-IN OVENS WHICH LET YOU COOK FASTER AND BROWN MORE EVENLY. AND BUILT-IN COOKTOPS WHICH LET YOU PRECISELY DIAL ANY TEMPERATURE FROM THE LOWEST SIMMER TO THE HIGHEST BOIL.

WE HAVE FREE STANDING RANGES, TOO. ICE MAKERS. TRASH COMPACTORS. AND, FOR THE LAUNDRY, WASHERS AND DRYERS.

OVER 60 MODELS ALTOGETHER. AND EACH ONE IS BACKED BY OUR ONE-YEAR REPLACEMENT GUARANTEE, WITH SOME PARTS GUARANTEED AS LONG AS TEN YEARS. CONSULT YOUR DEALER FOR DETAILS.

SO YOU CAN NOW HAVE IN YOUR KITCHEN WHAT YOU WANT IN THE REST OF YOUR HOME—THE BEST OF EVERYTHING.

**KitchenAid**
FOR THE WAY IT'S MADE



FOR LITERATURE WRITE KITCHENAID, DEPT. C-1R, P.O. BOX 3900, PEORIA, IL 61614.



♥ PIECED-AND-PATCHED ♥

# HEARTS

## VALENTINES THE WHOLE YEAR THROUGH

By Jim Williams and Jilann Severson



PHOTOGRAPHS: PERRY STRUSE. DESIGNS: MARGARET SINDELAR

Please a little one with a pieced-and-patched-heart pinafore that features hearts on the bib and border.

Master one simple square, and whip up a whole roomful of dynamic heart accents. Machine-appliquéd hearts form our bold and bright patchwork table runner, pillow, curtains, and picture frame, or endearing kids' clothes.

**Instructions for heart appliqué projects begin on page 27.**



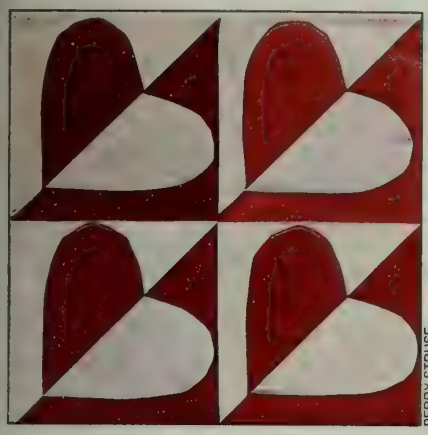
Does your Valentine always bring home a gift under each arm?

Surf® Detergent's patented formula removes dirt and odors.

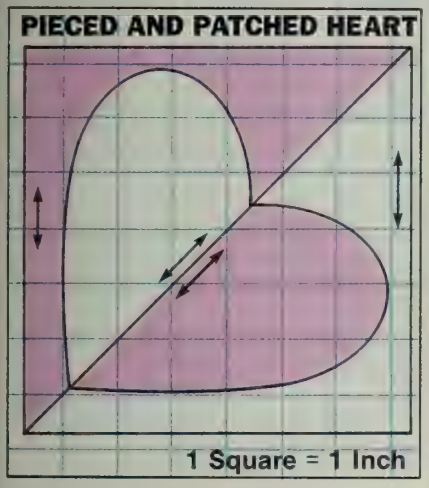



© 1988 Lever Brothers

*continued from page 25*



PERRY STRUSE




## PIECED AND PATCHED HEARTS, pages 24–25

**General materials:** Scraps of red and white fabrics; thread to match; water-erasable marker. *Note:* ¼ yd. 45-in.-wide fabric yields 10 triangles or 12 half-hearts.

**General instructions:** *Note:* Sizes of any of the following projects can be altered by adding or deleting blocks and adjusting remaining fabrics to fit.

***For each heart block:*** Each 7-in.-square heart block is made from 4 pieces of fabric: 1 red triangle with a white half-heart; 1 white triangle with a red half-heart.

*Note:* Unless otherwise stated, use ¼-in. seam allowances; sew with right sides together.

Enlarge pattern (*above*) to scale, flopping to complete; add ¼-in. seam allowances to all pieces.

Cut right triangle from red fabric and left triangle from white fabric, noting grain lines with each piece. Cut right half-heart from white fabric and left half-heart from red fabric. Mark placement lines on triangular pieces.

Clip and press under seam allowances on curved edges of half-hearts. Pin half-hearts in place on triangles, wrong sides together; edgestitch.

Sew triangles together to form block, making sure hearts line up. See photograph on *page 25* for detail.

## HEART PILLOW, page 25

**Materials:** 4 completed heart blocks; ½ yd. piping; ½ yd. fabric for backing; fleece; 14-in.-square pillow form.

**Instructions:** Finished size of pillow, approximately 14 in. square.

Sew 4 blocks together to form 14-in. square. See photograph on *page 25* for detail. Line with fleece. Sew piping to edges along seam line. Cut backing to fit front. Sew backing to front, leaving opening for turning. Insert pillow form. Slip-stitch closed.

## WINDOW VALANCE, page 25

**Materials:** 5 completed heart blocks; 2 yd. red piping; ¼ yd. white fabric; ¼ yd. lining.

*continued on page 28*


# Moisten your mouth... and freshen your breath with non-stick Freedent® Gum.

If you've got dental work, you've got three great reasons to chew non-stick Freedent Gum.

You probably know that Freedent won't stick to your dental work and that Freedent freshens your breath. But maybe you didn't know Freedent moistens your mouth. So if you hate a dry mouth, chew Freedent Gum.



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Fine Custom Cabinetry

## HEARTS

*continued from page 27*

**Instructions:** Finished size, approximately 14×35 in.

Sew 5 hearts into horizontal row. Cut lining to fit heart panel; set aside.

Hem sides of white fabric to fit heart panel. Sew casing along 1 long edge; sew piping to opposite edge along stitching line.

Sew top of heart panel to bottom of white fabric. Sew piping to remaining long edge of heart panel.

Sew lining to heart panel along bottom and side edges. Turn to right side; slip-stitch open edge of lining over seam line, encasing raw edges.

### HEART CURTAIN, page 25

**Materials:** 132 completed heart blocks; sheet or pieced fabric for lining.

**Instructions:** Finished size, approximately 77×84 in.

Sew 11 blocks together horizontally; repeat to form 12 rows. Sew rows together to form curtain front.

Cut lining to fit curtain, piecing as necessary. Sew lining to curtain; leave opening for turning. *Note:* Leave 1¼-in. opening at top of both sides for inserting curtain rod. Turn to right side; slip-stitch closed except at rod openings. Tack front to back as necessary. Insert rod through openings at top.

*Note:* To make quilt top, assemble as for curtain. Add batting with backing; quilt as desired.

### HEART TABLE RUNNER, page 24

**Materials:** 27 completed heart blocks; 4¾ yd. piping; 1⅞ yd. white lining.

**Instructions:** Finished size, approximately 21×63 in.

Sew 3 blocks together horizontally. Repeat to form 9 rows of 3 blocks each. Sew rows together to form rectangle. See photograph on *page 24* for detail.

Sew piping around all outer edges. Cut lining to fit top. Sew lining to top, leaving opening for turning. Turn to right side; slip-stitch opening closed.

### HEART PICTURE FRAME, page 24

**Materials:** 8 completed heart blocks; ⅞ yd. piping; ¾ yd. fleece; ¾ yd. backing fabric.

**Instructions:** Finished size, approximately 21×21 in.

*continued on page 33*

To give, to collect,
to display with pride...

# CARDINAL

**Announcing a remarkably lifelike sculpture—alive with vibrant color**

**Intricately handcrafted of the finest bisque porcelain and meticulously painted by hand**

**Exclusively from Lenox**




© Lenox, Inc. 1988

**Shown actual size**

A flash of vivid red bursts into vibrant song as the fiery visitor darts into welcome sight and alights amid a spray of pink-tinged wild roses.

This is the *Cardinal*—proudest and most flamboyant of all our garden birds. With cocky red crest and bold black mask as distinctive as his loud, clear song.

Now Lenox has captured the spectacular coloring and spirited personality of this garden favorite in a superb new sculpture of fine bisque porcelain.

### Meticulous hand craftsmanship... uncompromising quality

To achieve *Cardinal's* convincing realism requires an extraordinary amount of handcrafting. The sculpture is actually formed by hand—from 38 separate castings. The graceful wings of the bird, the individual leaves of the wild roses—even the delicate flower petals—are carefully placed in position before firing. And the sculpture is painted entirely by hand.

The result is an original work of art that is remarkably true to nature. A treasure of rare enchantment to display in your home—where its vivid plumage and eye-catching realism are certain to be a continuing source of delight.

The base of each imported sculpture will be inscribed with the prestigious Lenox® trademark in pure 24 karat gold. Your assurance that this splendid songbird is an original work of uncompromising quality.

### Available only direct from Lenox

This exquisite new sculpture is available only direct from Lenox and will not be sold through even the most prestigious galleries. And, as an owner of *Cardinal*, you will have the right—but not the obligation—to acquire additional songbirds in The Lenox Garden Bird Sculpture Collection.

The price is $39, payable in convenient monthly installments of just $13 with *no finance charge.* Because each sculpture is individually handcrafted, please allow 4 to 6 weeks for delivery.

To acquire this spectacular sculpture, mail the attached postpaid Reservation Application by March 31, 1988. Or, to order by credit card, call **TOLL FREE,** 24 hours a day, 7 days a week, **1-800-537-1600 ext. 908.** 38490



*Painted by hand to reveal every detail of the cardinal's distinctive markings.*

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There's no place like

**HOME**

Your source for new ideas.

abc

**Weekdays at 11:30 AM**



Hosts: Robb Weller & Sandy Hill

*continued from page 28*

Sew 3 blocks together horizontally for top row; repeat for bottom row. Sew 1 block between each outer block of top and bottom rows to form frame; leave center square open. See photograph on *page 25* for detail.

Line back with fleece. Sew piping to inside opening along seam line.

Cut backing to fit frame. With right sides together, sew backing to frame along piping line. Trim backing and fleece to fit seam line of inside square. Clip inside corners.

Press backing away from piping. Understitch through seam allowances, backing, and fleece, stitching as close to piping as possible. Press backing to back. Baste outer edges along seam line, stitching through all layers. Finish as desired.

## HEART SKIRT, page 25

**Materials:** 32 completed heart blocks; 1⅝ yd. lining fabric; 1⅝ yd. piping; ⅛ fabric for waistband; ¾-in.-wide elastic to fit waist.

**Instructions:** Finished size, approximately 28 in. long by 56 in. around.

Sew 4 blocks together vertically; repeat to form 8 rows. Sew rows together vertically to form strip. Cut lining to fit strip, piecing as necessary. Sew short edges of skirt together to form tube; repeat for lining.

Sew piping around bottom edge of skirt. Sew lining to skirt along piping line. Turn to right side; press. Baste waistline edges of skirt and lining together. Sew gathering threads around waistline edge.

Cut waistband fabric to 3-in. width. Cut waistband to equal hip measurement plus 4 in. If desired, press interfacing to wrong side of waistband.

Sew short ends of waistband together with ½-in. seam. Press band in half lengthwise. Gather skirt to fit band; sew band to skirt. Press under ¼ in. of raw edge. Slip-stitch to wrong side, encasing raw edges, leaving opening for inserting elastic. Edgestitch both sides of waistband, except at opening. Insert elastic; sew ends together. Slip-stitch opening and finish edge stitching.

## CHILD'S HEART JUMPER, page 24

**Materials:** 7 completed heart blocks; 1 yd. red fabric; 1⅜ yd. piping; 2 buttons; 7-in. skirt zipper; ½ yd. lining fabric; interfacing to fit waist measurement.

**Instructions:** Finished size, approximately 42 in. around by desired length.

Sew 6 blocks together horizontally to form skirt band. Cut lining to fit band; set aside. Sew short end of band together to form circle. Sew piping around bottom edge of hearts.

Figure total desired length of skirt; subtract 7 in. for border. Cut red fabric 43 in. wide by this length. Sew ½-in. center back seam, leaving opening for zipper. Insert zipper according to manufacturer's directions.

Sew heart border to bottom edge of skirt. Sew center back seam of lining. Sew lining to band along lower edge; turn to right side and press. Press under raw edge of lining; slip-stitch lining over top seam allowance of hearts, encasing raw edges.

Sew gathering threads along top edge of skirt. Cut 2 strips for waistband; each strip should be 1½ in. wide by waistline measurement plus 1½ in.; set 1 aside. Interface remaining waistband. Sew skirt to waistband, allowing seam allowance to extend beyond left edge of skirt, and seam allowance plus 1 in. to extend beyond right edge of skirt.

For bib, cut lining to fit remaining block. Sew piping to top of block. Sew lining to bib along piping line; press to wrong side. Baste outer edges together.

Cut 2 straps, each 2½ in. wide by desired length. Press straps in half lengthwise with wrong sides together. Sew 1 edge of each strap to bib, aligning raw edges. Fold remainder of each strap with right sides together; sew along long edges and end. Turn straps to right side; press. Turn under remaining raw edge of strap; slip-stitch over bib and lining seam allowance.

Center bib on skirt band. Sew bib to band, right sides facing.

Sew remaining waistband to raw edges of waistband, sewing through bib. Press under raw edge; slip-stitch over waistline seam, encasing raw edges. Edgestitch all edges.

Make buttonhole in left edge of waistband; sew button to right edge. Make buttonholes in ends of straps; sew buttons to inside of waistband.



**La door gourmet** is Pella's Traditional French Door. A spectacular accompaniment to any meal. Frame your skyline with French doors accented by Pella Archtop Windows. See a grand menu of ideas for new homes, remodeling and replacement only at your Pella Window Store. Find us in the Yellow Pages under "Windows."

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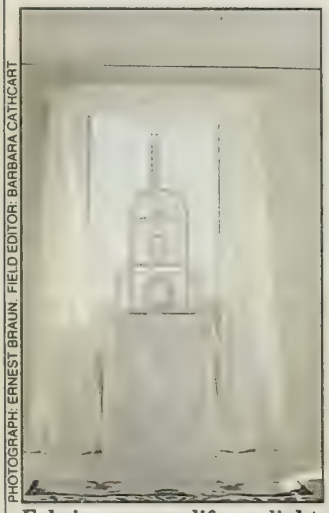
# A BREATH OF SPRING

## WARM UP TO THESE BRIGHT IDEAS

Edited by Mark Ingebretsen

### BRING SPRING ON HOME

*Improve your outlook*



PHOTOGRAPH: ERNEST BRAUN. FIELD EDITOR: BARBARA CATHCART

**Fabrics can amplify sunlight.**

These breezy decorating changes will lighten any room:

- **Fresh insights.** Give your heavy draperies a rest. Replace them inexpensively with billowy gauze fabric, sheet yardage, or lace table runners, casually looped over a rod.
- **Upholstery uplifts.** Cover dark upholstery with white sheets, tied dressmaker style with cotton roping.



MARIS/SEMEL

***Add a breath of spring to your home by setting out blooming paper-whites and amaryllis (see photo, above). Here are more easy ways to fight off those late-winter blues.***

### LET THE SUN SHINE IN

*Light affects your mood*



GEORGE DE GENNARO

**Avoid the blahs; get outside.**

Feeling a little down in the dumps? Researchers at the National Institute of Mental Health found that the short days of winter cause depression in some folks. Seasonal Affective Disorder (SAD) is depression caused by lack of light. One cure for serious cases of SAD involves sitting under bright lights. Those with minor cases of the blues may benefit simply from getting outdoors more.

*continued on page 36*

### BLOOM AWAY THE WINTER GLOOM

*Spring bulbs are in season now*

Garden centers this month are selling pots brimming with bulbs: tulips, daffodils, hyacinths, and crocuses. To prolong their flowering time, follow these tips: (1) If the buds are still tight and green, place the pot on a cool, sunny windowsill; (2) when the buds begin to open, place pots under indirect light and keep the room at 65 degrees during the day, cooler at night; (3) keep plants well watered.



*Soil should be evenly moist at all times.*

*Don't let water stand in the pot's tray.*



*Place pots in a cool room.*



GEORGE DE GENNARO



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**IT'S A GOOD TIME FOR THE GREAT TASTE®**

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*continued from page 34*

## PLOT YOUR ESCAPE TO THE OUTDOORS

*Give your porch pizzazz!*



PHOTOGRAPH: MARIS/SEMEL FIELD EDITOR: EILEEN A. DEYMIER

Plan now to turn your porch into a true outdoor living room:

- **Indoor/outdoor furniture.** The porch swing isn't the only way to rock; pine rockers offer that service with style.
- **A soft touch.** Cart quilts and coverlets outside.
- **Art works.** Put up paintings and the like.

### *Time now to shop for bargains*

•Whatever spring home fix-up ideas you're planning, shop for materials now. In the late winter months, merchants use sales to entice patrons out in the cold. Buying spring items now will help you think of the warm days ahead.



PERRY STRUSE

## MAKE THIS EASY ICE SCULPTURE

*A break-the-ice tabletop decoration*

**All you'll need:** Clean ½-gal. and 1-qt. milk cartons; sand; paper towels.

- **Instructions:** Pour 1 in. water into ½-gal. carton; freeze. Pad upper edge of ½-gal. carton with paper towel "cuff" so 1-qt. carton stands centered in larger carton. Remove small carton; fill with sand. Add water to larger carton. Slip 1-qt. carton into ½-gal. carton; if necessary, adjust water level. Freeze. Remove sand and paper towel cuff. Peel outer carton away. To remove inner carton, run tap water between carton and ice; gently pull out carton.

## SEE IT ALL AT THE MALL

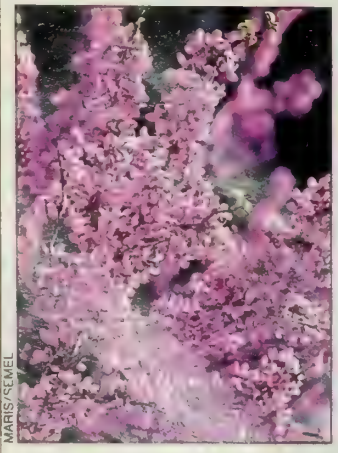
*Ideas for your home*




Attend the *Better Homes and Gardens*® National Touring Mall Show, coming to a shopping mall near you this spring. *Better Homes and Gardens* editors and other experts in fields ranging from household remodeling to gourmet cooking will be on hand. They'll be happy to talk over ideas on how to make your home a better place to live. The show will continue throughout 1988. For dates and times of the mall show near you, write: ***Mall Show, Features Dept., Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336.***



BOB CALMER



MARIS/SEMEL

## ENJOY BLOOMING BRANCHES EARLY

*From your own backyard*

Look for branches whose buds show signs of life. Start clipping after two consecutive days of above-freezing temperatures. Inside, remove buds that lie beneath the water level in your vase. To help branches absorb water, slit the base of each branch, then flatten the ends with a hammer.



GEORGE DE GENNARO

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*Catalogs from nurseries*

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- Jackson & Perkins, 1 Rose Ln., Medford, OR 97501.
- Roses by Fred Edmunds, 6235 SW. Kahle Rd., Wilsonville, OR 97070.
- Roses of Yesterday and Today, Brown's Valley Rd., Watsonville, CA 95076. BH&G

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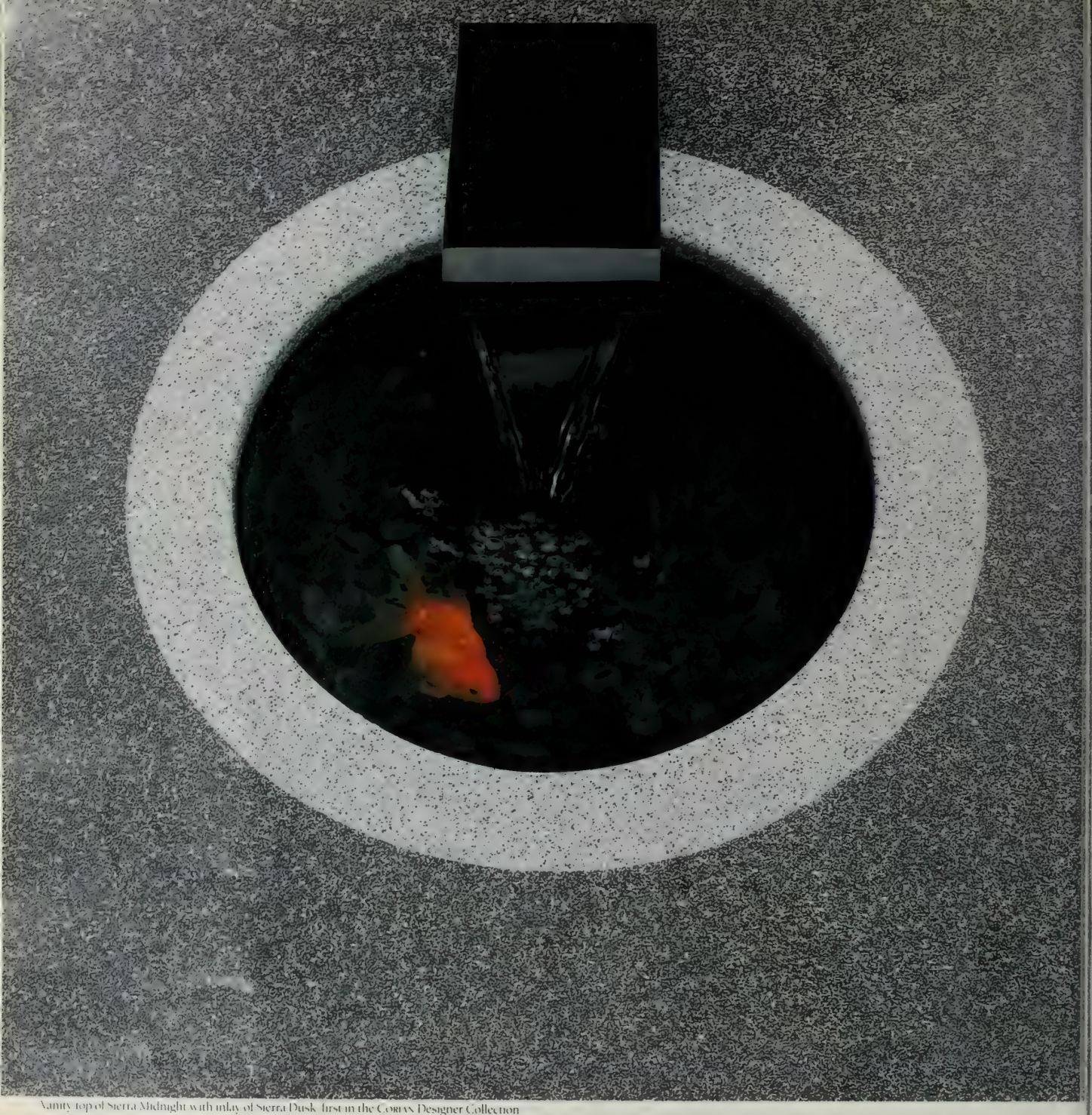



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# HAS AMERICA LOST ITS COMMITMENT TO HOUSING?

**THE ISSUES** • First-time home buyers locked out • Home ownership on the decline • Crisis in low-income housing • Tragic rise of homeless families • Surge in new-housing costs • FHA and VA under fire



EDITOR DAVID JORDAN

*"Our homes are in danger—yours, mine, and the homes we want our children to have someday. Our national resolve to provide decent housing for American families has withered. Our leaders have let it happen and we've let them do it. We must now insist on a responsible housing policy as a top priority when we go to the polls."*



FIRST-TIME HOME BUYERS

SUSAN GILMORE

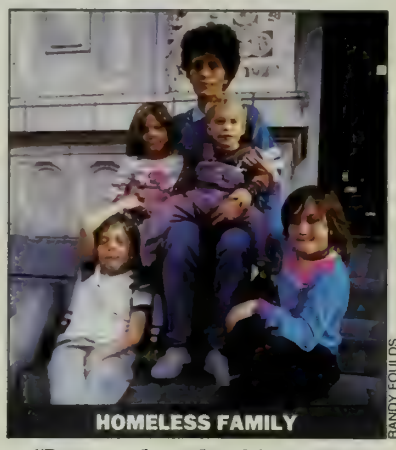
***"We just can't save up enough down payment to buy a house."*—John and Barbara Sherman, Minneapolis, Minnesota, with T.J., 3, and Michael, 8 months.**



HOUSING DEVELOPER

PHIL CRONIN

***"Our company can't afford to build low- and moderate-income housing anymore. We're back to expensive homes."*—Leon N. Weiner, builder/developer, Wilmington, Delaware.**



HOMELESS FAMILY

RANDY FOULDS

***"I never thought this could happen to our family. I still can't believe it."*—Linda Stokes, with Dennis, 6, Holly, 4, David, 2, Melissa, 10, outside homeless shelter in Boston.**

By Margaret Daly

## A GROWING CRISIS

Almost 40 years ago, Congress proclaimed a national housing goal of great vision: "A decent home and suitable living environment for every American family." Yet today, the state of housing in our country is in crisis.

Young people, unable to afford their first homes, are being locked out of the American Dream. The supply of housing for the poor has disintegrated almost beyond repair. The homeless—more and more of them children under five years old—shift in ever-increasing numbers from one dingy, often dangerous shelter to another.

Clearly, the vision of '49 has faltered. We are becoming a dangerously divided nation of housing haves and have-nots.

It's time to renew our commitment to decent and affordable housing for all Americans. The imperatives aren't just moral—though even the briefest glimpse into the eyes of a homeless child should rivet us to the issues at hand. The stakes are economic and political as well.

Housing is very much on the public agenda this election year. Senators Cranston (D., Calif.) and D'Amato (R., N.Y.) plan to hold hearings around the country. Candidates will be speaking to the issues. Local governments and businesses are seeking creative new ways to house the poor and homeless.

On these pages, we highlight some of the major concerns, and we'll follow with other articles during this election year and beyond. We urge you to watch for the public discussions and share your views with us. The stakes are high indeed.

*continued on page 40*

*continued from page 39*

## THE PLIGHT OF FIRST-TIME HOME BUYERS

Home ownership remains the number one goal for most Americans—a symbol of security and success, the bedrock of stability in community and family life. Yet, for the first time since the Depression, the rate of home ownership has declined steadily.

Hardest hit were the 25- to 34-year-olds—traditional first-time home buyers. Ownership for young parents—*prime* home buyers—dropped by almost 25 percent. John Sherman, 32, who teaches second grade in the Minneapolis area, and his wife, Barbara, 30, a part-time high school teacher, are typical. "We'd like to raise our sons in our own home," says Barbara. (T.J. is 3, Michael, 8 months old.) "But we just haven't been able to save up enough for the down payment."

### Why the concern?

Unless you're looking for your first home, or your kids are, you may not be alarmed by the plight of first-time buyers. After all, a number of them did get in on the market when interest rates dropped last year, and older Baby Boomers who could afford to buy a few years ago already are leveraging their equity into more expensive houses now.

But their younger brothers and sisters may not be so lucky. Their incomes are losing ground to rising housing costs, and their rate of ownership has plummeted (see charts). "These families may never get on the housing ladder," says Ira Gribin, of the National Association of Realtors (NAR).

When we shut young families out of the home market, not only do their dreams of ownership and the security it represents shatter. Community vitality suffers. Employers lose workers. The economy can be hurt. "Businesses may move out if we cannot provide affordable housing," says Robert Whittlesey, of The Boston Housing Partnership.

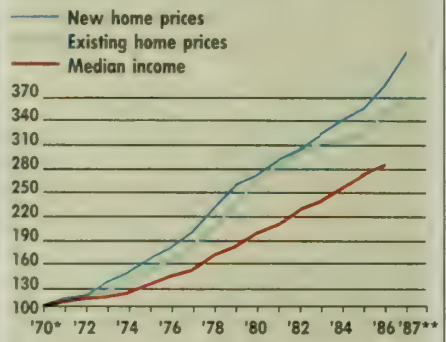


NAHB, HARRY DROLLINGER

**"Without first-time buyers, the housing chain breaks down."—*Kent Colton, National Association of Home Builders***

**Housing Costs Are Rising Faster than Incomes . . .**

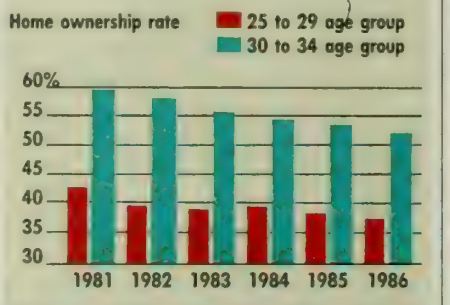
Increases in new and existing home prices over median income.




*Index: 1970 equals 100. ** First 8 months.
Source: U.S. League of Savings Institutions

**. . . Squeezing Young Families Out of the Market**

The drop in the home ownership rate has hit traditional first-timers buyers hardest.




Source: U.S. Bureau of Census; *Builder* magazine

Ultimately, all homeowners are affected. "Without first-time buyers, the whole housing chain breaks down," says Kent Colton, executive director of the National Association of Home Builders (NAHB). "We need them to buy our homes so we can move up."

### Location counts

Many factors affect the growing chasm between home prices and the ability of young families to buy. Sometimes, expectations are too high. "Young people can't expect to move right into a home like the one where they grew up," says Barbara Alexander, managing partner at Salomon Brothers. But many first-timers live in areas where even the meagerest of homes are beyond their means.

Though affordability is a growing problem nationally, local factors play a major role in individual markets:

- When young people live where rents are reasonable, saving up for a down payment mainly requires will power, patience, and realistic expectations. But in other areas, rents are rising fast, sapping what could otherwise be down-payment funds. And the down payment, according to a new study by the NAR, is the single largest deterrent to purchasing a first home.
- Since the 1986 tax bill limits incentives to build rental units, new construction has halted—appropriately—in areas that were overbuilt. In tight housing markets, however, curtailed construction already is causing higher rents as vacancies shrink.
- The tax law also put a moratorium on local mortgage-revenue bonds to help moderate-income families. Unless the law is changed, this source of new funds will disappear at the end of 1988.
- Affordability diminishes, too, as local no-growth policies raise new-housing costs through such devices as zoning restrictions and impact fees. The issues are thorny (excessive traffic, for example), the arguments fierce on both sides. But the net result is that new housing development stagnates, current housing values rise, and lower-income families are shut out.

### Tougher financing

Stung by a rising rate of defaults, many lenders have tightened mortgage underwriting standards. That hits first-timers hardest, whose incomes are modest and who have no equity for leverage from a previous home. "If rates rise much again, first-timers will really be out of luck," says NAHB's Colton.

Larger down payments would help buyers qualify for a home loan. But there's a catch: many lenders disregard down-payment dollars that are borrowed or even that come from gifts. (The fear is hidden indebtedness.)

### The importance of FHA

The best hope for many families are government-insured FHA or VA loans, which require minimal down payments and account for almost 50 percent of all

first-time-buyers' mortgages (see chart). Yet these popular programs often come under attack as "unfair competition" to private enterprise.

As we went to press, Senate Republicans had blocked—and President Reagan was threatening to veto—a housing bill which, among other things, gave permanent status to FHA and VA loans. The prime objection was the budget for low-income housing. Nevertheless, the FHA and VA initiatives would have to be renewed some other way.

## THE DISINTEGRATION OF LOW-INCOME HOUSING

Whatever one's views about the right to home ownership, it's difficult to argue against the right to safe, affordable shelter. Yet the existing stock of low- and moderate-income rental housing is deteriorating drastically throughout the nation.

With the exception of a few small programs, virtually all federal housing programs came to a halt in the 1980s, as the HUD budget was slashed from 7.4 percent of the total federal budget in fiscal 1978 to less than 1 percent in fiscal 1988. "We're not even building enough to keep the present supply stable," observes William Apgar, Harvard Joint Center for Housing Studies.

"We are creating jungles in our cities," says James W. Rouse, developer of such projects as Baltimore's Harborplace and founder of The Enterprise Foundation, which works with local business and government coalitions to develop housing for the poor. "For the sake of our civilization, we must find ways to create decent housing and neighborhoods."

Some experts expect the shortfall of low- and moderate-income rental units to grow to almost 8 million in the next 15 years (chart). Two major factors:

- The 1986 tax law discourages private builders from participating in new low-income projects. "We were proud to be building for low-income families a few years ago," says Leon Weiner, a builder and developer in Wilmington, Delaware. "They gave care to their homes and were motivated to move up. But we just can't afford to do it anymore."
- Over the next five to 10 years, up to 900,000 subsidized units built by private developers under federal programs will be eligible for reversion to market prices or whatever use the owner wishes. "It's the biggest time bomb in the whole housing situation," says Salomon's Barbara Alexander. No one really knows how many of these "expiring use restriction" conversions will transpire. But the threat to the poor is clear, in rural as well as urban areas.

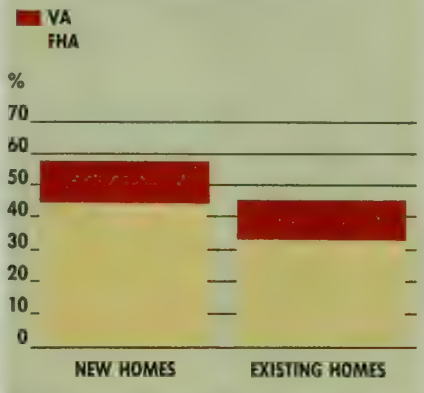


DAVID HARP

**"For the sake of our civilization, we must find ways to create decent low-income housing."—*James W. Rouse, developer***

### Half of All First-Time Buyers Rely on FHA and VA

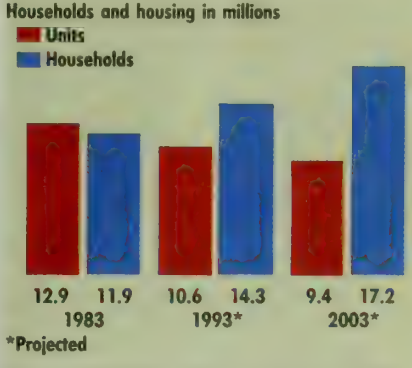
Percentage of all first-time buyers using FHA and VA financing in 1986.




Source: National Association of Realtors, National Association of Home Builders

### Projected Shortfall in Low-Income Rental Housing

Affordable housing for the poor will be in drastically short supply within 15 years.




Source: Neighborhood Reinvestment Corporation

## Children: The new homeless

Many factors contribute to homelessness, but certainly the deterioration of decent and affordable housing plays a considerable role.

Although it's difficult to pin down exact numbers, the problem is enormous and growing. Current estimates run anywhere from 300,000 homeless (the federal government) to 3 million or more (low-income housing advocates).

Dr. Ellen Bassuk, of the Harvard Medical School, estimates 2.5 million. "More important," she says, "the profile of the homeless has changed. No longer is it just the drunken male derelict everyone imagines. More likely, it's the single mother with children under five years old."

"I never thought it could happen to us," says Linda Stokes, 27, who lives with her five children in a Boston shelter. Not long ago, she and her husband (since separated) were renting a home near Worcester, Massachusetts, and applying the rent toward purchase. "Then my husband's construction job let up some," she says. "We missed one payment, and the owner sold the house out from under us. The only place we could afford to go was a shelter."

## Bright spots on local fronts

"We can't go back to the old federal programs, considering the monstrous federal deficit," says Paul Grogan, executive director of Local Initiatives Support Corporation, a nonprofit group providing support for community development corporations (CDCs) across the nation. "But we do need a new federal policy which could be guided by the will of state and local forces."

Creative mixes of public and private resources on the local, state, and federal levels are critical. There are exciting developments as new coalitions, new forms of financing, and just plain grit begin to make a difference. We'll report on such developments soon, with examples of how you can help in your community. That's the American way, after all. What better way to preserve the American Dream? BH&G

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# SEXISM IN OUR SCHOOLS:

## TRAINING GIRLS FOR FAILURE?




By Mary Conroy

**The first day of school began with a simple request. The boys were asked to sit in the front of the room; the girls were assigned desks out in the hall. Then the teacher closed the door on them and started class.**

The case may be fictional, but the pattern is not. For all the attention girls receive in school, they might as well be confined to the hallway.

According to education professors Myra and David Sadker of American University, teachers interact more with boys at every grade level. It doesn't matter whether the teacher is male or female: classroom scales tilt firmly in favor of the boys. Over time, that imbalance could put your daughter at real risk.

### What difference does it make?

The result of this sex bias isn't surprising, Myra Sadker says. "It's like flowers in a garden. If you don't water them and nurture them, they don't grow well."

Girls start school with higher achievement. But by high school graduation, boys outperform them on most standardized tests, even in so-called "female" areas like English.

Such test scores make a big difference: girls are less likely to be accepted by prestigious colleges. Those who do get in lose out on scholarships. In New York, for instance, 67 percent of Empire State Scholarships go to boys and 27 percent go to girls, according to FairTest, the National Center for Fair and Open Testing. (Names for the other 6 percent could have been male or female, so FairTest didn't include them.)

When bright girls get locked out of college, the whole nation suffers, David Sadker says. "Sometimes I think that if the cure for cancer is in the mind of a girl, there's a good chance we'll never get it."

### How does it happen?

It's not that teachers deliberately exclude girls, says Dr. Barbara Kerr of the University of Iowa, author of *Smart Girls, Gifted Women*. "Teachers are making a great effort to overcome sexism," she says. Most teachers aren't aware that they treat boys and girls differently, according to Kerr.

Yet studies clearly show that they do. Here's what research reveals:

***Feedback.*** Teachers praise boys far more than girls, the Sadkers say. Boys also receive more criticism. The benefits: Boys get more encouragement and more chances to improve. They also learn how to handle criticism.

***Attention.*** The Sadkers found that boys call out for teacher attention eight times more than girls. And boys get it: when they speak out of turn in discussions, teachers accept the remarks as contributions. When girls do the same, teachers tell them to raise their hands.

***Instruction.*** When students need help, teachers give the boys more detailed directions, but actually do the work for the girls. Thus, boys learn to be competent and girls learn to be helpless, say the Sadkers.

***Literature.*** Children's books still portray a lopsided view of the world. In those that have won the prestigious Caldicott Medal, 10 boys are pictured for every girl.

Other research complements the Sadkers' findings:

***Course selection.*** Schools still discourage girls from taking math, science, computer, and vocational classes, according to the Project on Equal Education Rights of the Legal Defense and

*continued on page 46*

**Schools have tried to shake sexism: girls now compete in sports that once were closed to them. But new studies show that girls get cheated from kindergarten to college.**

### DUMBER BY DEGREES

**Sexism doesn't stop at the grade school door, according to recent studies. Here's what happens as girls move through school.**

- Girls start school with higher test scores than boys. But by the time they take the SAT, girls trail boys by 57 points.
- In coed schools, women speak 2½ times less often in class than their male college classmates.
- After the first year of college, women show sharper drops in self-confidence than men do. The longer women stay in school, the lower their self-confidence.
- Women get less than 17 percent of all doctorates in math and physics.
- A mere 10 percent of all high school principals are women—a smaller percentage than in the 1950s.
- Only 11 percent of all full professors are women.

*Sources: University of Illinois, College Board, National Center for Education Statistics, Women's Research and Equity Institute, Harvard University, Mid-Atlantic Center for Sex Equity.*

*"Uh-oh. Rodney's hungry.*
*Here. A little snack.*
*Something hot, crisp, fast.*
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*But what'll we do when you're finished?*

*Eat slowly, Rodney."*




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*continued from page 44*

Education Fund of the National Organization for Women.

***Remedial assistance.*** Girls don't get special help for learning or behavior disorders until they are older and further behind in school than boys with similar disabilities, according to Dr. Jane Mercer of the University of California at Riverside.

## What can parents do?

With so much stacked against her, will your daughter ever do well? Yes, educators say—that is, if you work with her school. Here's what you can do:

***Observe her class.*** Spend a day at school. Keep a tally of how many times boys and girls get to answer questions. If the class is fairly evenly divided between boys and girls, they should answer roughly the same number. Meet with the teacher and tactfully discuss the results.

***Pay attention to the seating and grouping.*** When students choose their own seats, the girls cluster together and just don't learn to work with boys. Many teachers also pit boys against girls for competitive games. "When I taught seventh grade, I used to hold spelling bees with the girls against the boys," Myra Sadker says. "But I would never go into a class and say, 'It's going to be blacks against whites, or Jews against Christians,'" she adds.

***Check the bulletin boards.*** "Very often a teacher with no intention of being unfair uses pictures of male athletes and male political figures," says Myra Sadker. If all the posters show heroic men, girls get the message that only men can be winners.

***Examine the textbooks.*** Count the number of women pictured in a history book; compare with the number of men. Petition the school board to change books if you're not satisfied. If no textbook is satisfactory, ask the teacher to consider assigning a biography of a successful woman.

***Urge the school board to hire female administrators.*** When girls always see female teachers and male principals, they learn that caring is only for women and leading is only for men, Kerr says. Ask your board to recruit administrators from the large pool of already qualified women.

***Ask the school principal to offer retraining workshops.*** The Sadkers found that only a few days of intensive training can dramatically change teachers' habits. Ask your principal to use teacher workshop days for training in nonsexist teaching techniques.

## Helping girls at home

Not all sexism can be blamed on teachers. Much of it begins at home. Here's how you can avoid sexism:

***Use a "can-do" attitude.*** Daughters especially tend to imitate their mothers. If you say, "This is a hard problem, but I bet I can solve it," instead of "Math just isn't my thing," your daughter will notice and follow your example.

***Teach your daughter to give herself credit.*** Studies at Georgia State University show that most girls don't credit themselves for their own success. When they do well, they say they were lucky. That only makes them feel more helpless. When your daughter does well, help her say, "I got that grade because I'm smart."

*continued on page 48*

REALEMON ADDS ZING TO HOLLANDAISE...TO MAYONNAISE...TO BAKED HAM GLAZE...CHICKEN TERIYAKI...OR RUMAKI...GIVES SIZZLE TO A SUKIYAKI...IN A TUNA BAKE...ON SIRLOIN STEAK...WHIPPED WITH RICOTTA...ZIPS UP VEAL PICCATA...AND CHIPS WILL FLIP WHEN IT'S ADDED TO DIP. FOR SUMMER ICE...EXOTIC RICE...SNAPS UP ... GREENS...ADDS TANG TO A ...SPARKS UP TOMATOE... DAZZLES GELATO... ND LEMONADES... ZZINI... BAKED... IVES A LIFT T... REAT BAST... ICE POP... ABLE MED... ZZLES GELA... HOPS ZINGA... TOR-TELLINI... LIVENS A SHAK... ANT TO MAKE... E...ADDS ZEST TO A... E...LINGUINI ...ZUCCHINI... ...MIXED IN A SPREAD...BAKED ... NEW TA... IN... E POPS...LINGUINI...OR ZUCCHINI...AND TE... AZZ... GIVES A LIFT TO SOUFFLE...A PATE...OR ... LA... REALEMON PERKS UP ALL KINDS OF FISHES. EN DISHES IT'S JUST DELICIOUS...MAKES A ... PIZZAZZY...A BARBECUE JAZZY...AND P... BROCCOLI BECOMES SIMPLY SNAZZY.




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You'll see how the 14 sensational flavors of Dum-Dum Pops® and the unique, looped-handle Saf-T-Pops® are made during your exciting Candy Factory Treasure Hunt. And sample them, too. Then drive off with a mountain of candy in your new 1988 Jeep® Cherokee Pioneer. Enter the Second Annual Dum-Dum Drum Man Sweepstakes today!

## Or WIN one of over 1,000 other exciting prizes from the makers of Dum-Dum Pops and Saf-T-Pops.

Use the official entry form below. Or look for specially marked packages of Dum-Dum Pops and Saf-T-Pops.




**FIRST PRIZE:** Trip to Walt Disney World for a Family of Four



**SECOND PRIZE:** RCA 45" Large-Screen Color TV



**10 THIRD PRIZES:** 35mm LeClic Fun Cameras



**150 FOURTH PRIZES:** Dum-Dum Drum Man Fashion Watches



**1,000 FIFTH PRIZES:** One-Pound Bags of Delicious Dum-Dum Pops

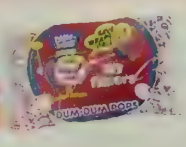
## OFFICIAL CONTEST RULES

1. No purchase necessary.
2. To enter, print your complete name, address and telephone number on an official entry form from specially marked packages of Dum-Dum Pops or Saf-T-Pops or on a 3"x5" piece of paper. Include name of child (must be 15 years or under) to go on Treasure Hunt. Mail entry to "Dum-Dum Drum Man" Sweepstakes, P.O. Box 4787, Libertyville, IL 60198.
3. Enter as often as you wish but each entry must be mailed separately. No mechanical reproductions will be accepted. Sweepstakes starts January 1, 1988 and closes April 29, 1988. Entries must be postmarked by closing date. Spangler Candy Company not responsible for lost/late/mishandled mail.
4. Winners will be drawn at random May 10, 1988 by H. Olsen & Co., an independent judging firm whose decisions are final. Winners will be notified by mail within 30 days after drawing. By entering, winners consent to use of their names and likenesses for sponsor's advertising/promotional purposes without additional compensation. Eligibility proof and liability release may be required.
5. GRAND PRIZE: 1988 Jeep Cherokee Pioneer and trip for a family of four (4), which must include at least one child age 15 or under, to Spangler Candy Factory in Bryan, Ohio for three (3) days and two (2) nights. Trip includes round-trip transportation and hotel accommodations. Trip must be taken in 1988. Value: Jeep—Approx. $14,500; Trip—Approx. $3,500.
   FIRST PRIZE: Trip to Walt Disney World for family of four (4) which includes round-trip airfare, hotel accommodations and $500 cash for five (5) days and four (4) nights. Value: Approx. $3,000.
   SECOND PRIZE: RCA 45" Large-Screen Color TV. Value: Approx. $2,000.
   THIRD PRIZE: Ten (10) 35mm LeClic Fun Cameras. Value: Approx. $69.95 ea.
   FOURTH PRIZE: 150 Dum-Dum Drum Man Fashion Watches. Value: Approx. $29.95 ea.
   FIFTH PRIZE: 1,000 One-Pound Bags of Dum-Dum Pops. Value: Approx. $1.50 ea.
6. In the event a winner is a minor, prize will be awarded in the name of the parent or legal guardian. Parent/guardian must accompany minor on trip. Limit one prize per person. All travel arrangements are sponsor's choice. Prizes not generally available at sweepstakes end will be substituted at equal value; otherwise no prize substitutions/transfers. All federal, state and local taxes are responsibility of winner. Odds of winning are dependent upon the number of entries received. Entries become the property of Spangler Candy Company and none will be returned. All prizes will be awarded.
7. Sweepstakes is open to residents of the USA, except for employees of Spangler Candy Company, its affiliates, advertising/promotion agencies and H. Olsen & Co., and their immediate families. Sweepstakes void where prohibited or restricted by law. All federal, state and local laws/regulations apply.
8. For a list of major prize winners, send a #10, self-addressed, stamped envelope to "Dum-Dum Drum Man" Sweepstakes, Box CC, Libertyville, IL 60048.

### OFFICIAL ENTRY FORM

### The Second Annual DUM-DUM DRUM MAN® SWEEPSTAKES




Name _____
(please print)
Address _____
City, State, Zip _____
Telephone Number (____) _____
Name of Child to go on Treasure Hunt _____

**Mail to:** "Dum-Dum Drum Man" Sweepstakes, P.O. Box 4787, Libertyville, IL 60198
Entries must be postmarked by 4/29/88.

Dow Consumer Products Inc © 1987 DCPI

# NOW WE'RE FOAMING AT THE TRIGGER.

Dow Bathroom Cleaner is so anxious to clean your bathroom, it's foaming at the trigger. That's because our new trigger spray bottle is ready. Ready to deliver the same foamy, clinging, cleaning bunch of Scrubbing Bubbles™ as our aerosol.

Bubbles that rub, scrub, disinfect, deodorize and shine your bathroom till it sparkles.

So whether you like to zap grime with an aerosol or blast it with a trigger spray bottle, reach for Dow Bathroom Cleaner with Scrubbing Bubbles, and let us do your dirty work.




## SEXISM IN OUR SCHOOLS

*continued from page 46*

***Recognize your girl's math ability.*** Dr. Jacquelynne Eccles of the University of Michigan says that parents underestimate their daughters' math talents and overestimate their sons' ability, even when both bring home the same grades. When a girl earns good grades in math, parents credit the marks to hard work; when a boy does the same, parents call him gifted.

Eccles also found that in time, girls pick up on their parents' misconceptions. As a result, they underestimate their own ability in math and science, even when they get good grades. If your daughter does well in science and math, recognize her talent for what it is—and let her know she's gifted.

### What about all-girl schools?

The best time for girls to learn to work and play with boys is in grade school. By playing with boys, girls learn to explore. Iowa's Dr. Kerr recommends such groups as coed soccer teams, which teach achievement, unlike girls' groups that teach nurturing.

However, your adolescent may be better off in a girls' school, according to many educators. At that age, peer pressure to conform combines with the need to be popular. Even assertive girls fear that showing their intelligence will repel boys.

But girls' schools remove these pressures. Free to take risks, young women develop leadership skills that carry over to adult life, according to studies from the Women's College Coalition and George Washington University's Dr. Elizabeth Tidball.

In fact, new studies show that today's graduates of women's colleges are tomorrow's leaders:



**In adolescence, peer pressure takes its toll. Even assertive girls act demure, afraid that their intelligence will repel boys.**

- They are two to three times more likely to be high career achievers than women graduates of coed schools.
- They are represented in Congress and on the boards of Fortune 500 companies at a rate six times higher than could be predicted by chance.
- They are twice as likely to earn doctorate degrees as other women graduates of coed colleges.
- They appear on Business Week's 1987 list of top corporate women at a rate six times beyond their numbers in the population.

"When girls go to single-sex schools, they stop being the audience and become players," Myra Sadker says. Will your daughter be a winner? It all depends on how she plays the game.

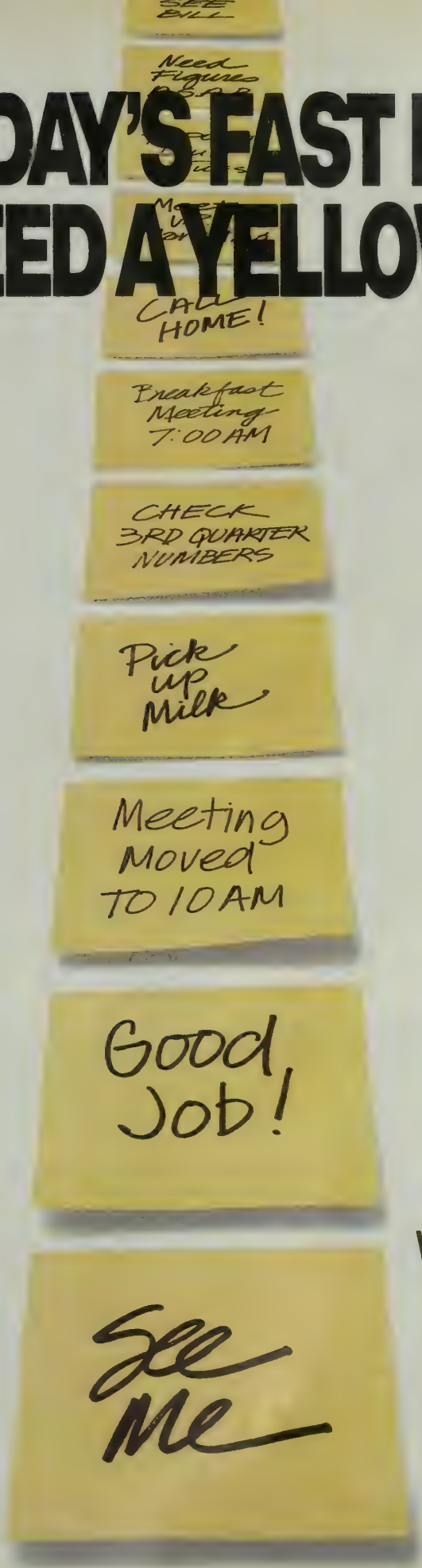
### For more information

To learn more about how sexism affects girls, read *Smart Girls, Gifted Women* by Barbara Kerr. (Ohio Psychology Press, $15.35.)

To learn how it affects boys, read *Ties that Bind.* Send $2 to PEER, 1333 H St., NW, 11th Floor, Dept. BHG, Washington, DC 20005.

To read more, watch for the Sadkers' *How to Raise a Successful Daughter,* to be released later this year. BHG

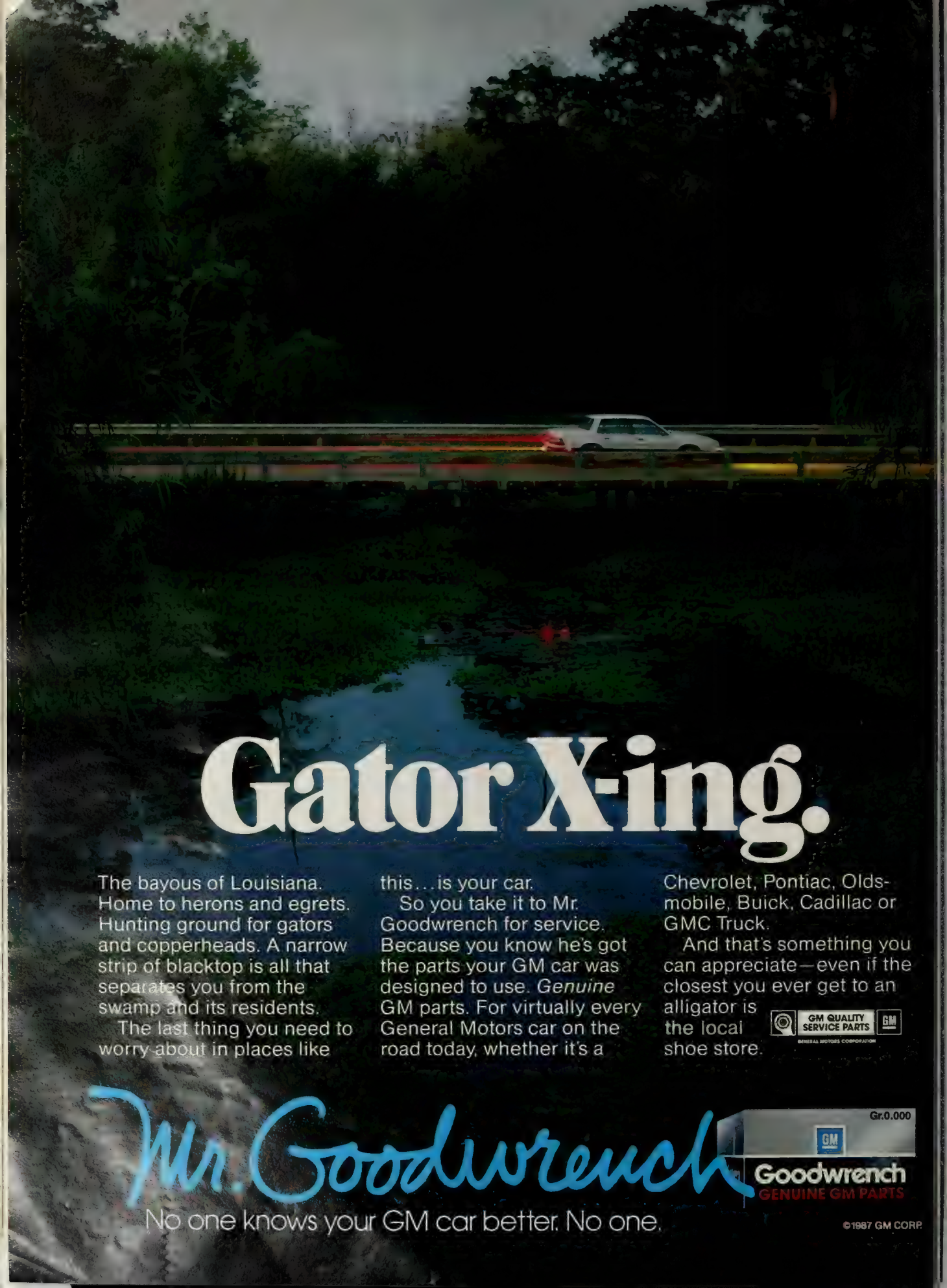
# IN TODAY'S FAST LANE YOU NEED A YELLOW LINE.




When People Count On You, Count On Post-it™ Notes.




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# Gator X-ing.

The bayous of Louisiana. Home to herons and egrets. Hunting ground for gators and copperheads. A narrow strip of blacktop is all that separates you from the swamp and its residents.

The last thing you need to worry about in places like this... is your car.

So you take it to Mr. Goodwrench for service. Because you know he's got the parts your GM car was designed to use. *Genuine* GM parts. For virtually every General Motors car on the road today, whether it's a Chevrolet, Pontiac, Oldsmobile, Buick, Cadillac or GMC Truck.

And that's something you can appreciate—even if the closest you ever get to an alligator is the local shoe store.

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# STORMY-WEATHER DRIVING TIPS

## A CHECKLIST FOR SAFETY

By Walter W. Watt

**Take some commonsense precautions with your car before you head out on the road, and review these safe-driving skills with every driver in your family.**

### Overcoming poor visibility

At the first sign of fog, smog, or blizzardlike conditions:

- Turn on your low-beam headlights, fog lights (if you have them), and wipers. Avoid using brights; they only increase glare and worsen visibility.
- Reduce speed so you can stop safely or suddenly within the stretch of road that your lights illuminate.
- Use your defroster to cut condensation on the inside of your windshield.
- Let the taillights of another cautious car lead you through the crisis. A large truck is ideal: its lights are more powerful and the driver can see farther ahead down the road.
- Don't let your schedule interfere with safety. If driving is really tough, get off the road as soon as possible.
- If you must pull off the road, be sure to turn on your flashers. Otherwise, a car seeing your taillights may think you're still on the road, try to follow, and be unable to stop.

### Driving safely in the rain

Water mixed with oil deposits and dirt make road surfaces dangerously slick. Slow down at the slightest hint of rain or mist. Extra precautions:

- Reduce speed on curves.
- Increase space between you and the car ahead. Allow one car length for every 10 miles per hour you're traveling.
- Avoid sudden moves with your steering wheel, brakes, or accelerator unless absolutely necessary.
- At the onset of a light rain, use your windshield washers before you turn on your wipers. This will help remove stubborn film that could streak or smudge your windshield.
- If you must drive through high water or deep puddles, go slow. (Too fast, and you may splash water and short out your spark plugs.) Afterward, test your brakes a few times to make sure they work. Pumping or riding brakes lightly will help dry out the linings.
- When possible, drive in the tracks of the car ahead. They will be drier than the rest of the road.

*—Walter Watt writes from Ohio on automotive topics for a number of national and local publications.*



**You need driving skills, not just luck, when you confront hazardous weather and road conditions.**

### PREPPING YOUR CAR FOR WINTER'S WRATH

- Replace wiper blades that streak.
- Test windshield washer and fill the container.
- Keep an ice scraper handy.
- Test horn, hazard lights, and heater to make sure they work.
- Inspect exhaust system for worn parts and other sources of lethal carbon monoxide leaks.
- Equip car with basic emergency supplies: jumper cables and instructions, a working flashlight, flares or reflective triangle, matches, a first-aid kit, wool blankets, and a steel shovel.
- Keep headlights and taillights clean for maximum illumination.

### Coping with ice and snow

Most of these precautions apply to both ice- and snow-covered roads:

- To maximize traction, make sure that tires are properly inflated and have plenty of tread depth remaining; anything less than 4/32 inch is risking serious trouble.
- At near-freezing temperatures, watch for icy patches in shaded areas, beneath overpasses, and on bridges. Watch for road signs, and think ahead.
- When coming to a stop, let off the accelerator slowly and earlier than normal. Then pump your brakes gently instead of jamming them on.
- Use easy, gradual foot pressure to accelerate from a stop. If wheels spin and you get stuck, rock the car forward and backward while keeping front wheels pointed straight ahead.
- In traffic, maintain the maximum possible distance between you and the car ahead. Avoid jerky maneuvers, such as fast acceleration and sudden braking or turning.
- Slow to a crawl when entering and taking curves. Turn the steering wheel gradually, no farther than necessary.
- If you start to skid, keep your foot off the brake and steer in the direction the rear of the car is sliding. When the car comes out of the skid, straighten your wheels and pump brakes gently.
- When approaching a hill, keep far enough behind the lead vehicle so you don't have to slow down or stop. Gathering momentum at the base of the hill will help carry you over the top.
- Reduce speed to a minimum when going over a hill and starting down. Put the car in the next lowest gear and pump the brakes gently to maintain a slower, more controlled descent.
- Keep windows clear of ice and snow on all sides. If you can't see a hazard, you can't avoid it.
- When it's icy, try to avoid parallel parking. It's a lot harder to get your automobile moving if you have to turn your wheels.
- Drive defensively and wear your seat belt at all times.

STEVE BJORKMAN

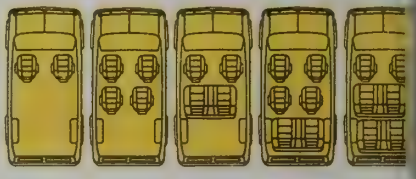
# YES, YO

## CHEVY ASTRO

The van that can lets you and your family do things that are a no-no in smaller, less powerful mini-vans.

**Yes, you can enjoy the biggest V6 in any van as standard.**
Astro Passenger Van's fuel-injected 4.3 Liter Vortec V6 is the biggest V6 you can get in any size van. With 150 horsepower, Vortec V6 is easily the most powerful engine in Astro's class. And it's standard.

**Yes, you can tow up to three tons.**
Rear-drive Astro has up to 6,000 lbs. of towing capacity available when properly equipped, including passengers, cargo and trailer. That's more than any Ford, Dodge or Plymouth mini-van.



**Yes, you can seat up to eight.**
Astro offers available seating for up to eight on all trim levels. You can fold down o snap-release the middle anc




GM 6/6

backed Chevys ever. 6-year/60,000-mile power-warranty protection and 6 years or 100,000 miles (r-body rust-through protection. Solid proof of built into every new 1988 Chevy Astro.

# U CAN.

available rear seat for many cargo and seating arrangements. Or, you can take command with available high-back captain's chairs in front and amidship.

**Yes, you can have up to 151.8 cu. ft. of cargo room.***

Astro is compact enough for a family garage. Yet it lets you pack a load that won't fit an Aerostar or even a Dodge Grand Caravan or Plymouth Grand Voyager.

**Yes, you can...yes, you can...yes, you can.**

Astro also lets you swing-out the rear doors. Load through a bigger side door opening than Ford, Dodge or Plymouth mini-vans. Tour with the largest optional fuel tank in a mini-van: 27 gallons.

So why buy a no-you-can't van? Think positively and test drive the liberating world of room, power and comfort in Chevy Astro. It really is the van that can.

Comparisons based on latest available data.
*With rear seats removed.



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FURNISHINGS

# BATH LINEN BASICS

**There's more to buying bath linens than meets the eye. Splashy styles are great, but look for absorbency and durability first.**

**Fiber facts.** All-cotton towels offer the most absorbency. Polyester is often woven in for more wear and less shrinkage, but these benefits come at the cost of decreased absorbency.

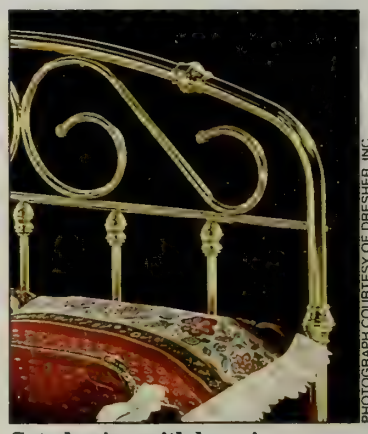
**Texture tips.** Terry towels absorb more than sheared-loop linens labeled "velour." If you like the look of velour, compromise by choosing linens with velour on one side and terry on the other.

**Pattern points.** Bath linens come in a colorful array of prints and patterns. Jacquard patterns are woven into the towel and appear on both sides. Printed patterns are silk-screened onto only one side and fade more quickly than woven designs.

FURNISHINGS

# THE BRASS FACTS

## WHAT TO KNOW BEFORE YOU BUY



PHOTOGRAPH COURTESY OF DRESHER, INC.

Get glowing with brass!

**From doorknobs to bed frames, brass has been setting our homes aglow for decades. But today all that glitters is not genuine brass.**

### THE TOP BRASS

As you shop for brass furniture, you'll notice that less expensive items are brass plated, whereas top-priced pieces are labeled "solid" or "genuine" brass. What's the difference?

- **Brass** is an alloy of copper and zinc. A piece of solid brass furniture will contain this alloy all the way through. The durable metal is usually coated with a clear, baked-on epoxy finish. Wiping the surface with a dry cloth is all that's needed to maintain its luster.
- **Brass-plated** furniture is made of steel that is coated with a thin skin of brass. Because steel can be welded, brass plating allows for design flexibility. These pieces have a lacquer finish that can also be cleaned with a cloth. Plated items cost about 40 percent less than solid brass; however, the lacquer may chip, which permits tarnishing.

### BUYING THE BEST

To judge brass furniture's quality, check the surface and joints. Both should feel smooth and have little color variation. The piece should be sturdy, with each tube joined by steel rods.

# NO GARDEN? NO PROBLEM!

**YOU CAN GROW MINIATURE ROSES** in as little as one square foot of space! Grow them in pots for portable color on porch, patio or terrace. Tuck several into a windowbox, or mass them in narrow beds along a walkway or against the house.

**YOU'LL GET THREE DIFFERENT VARIETIES** — delicate pink FUNNY GIRL, lemon yellow BOJANGLES and smoky orange RAZZMATAZZ — sent in the spring, primed to burst into glorious bloom. Each plant grows to about 2 feet tall and sets clusters of 1- to 2-inch blooms, all with the elegant form and grace of standard garden varieties . . . *in miniature!*

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### FURNISHING A HOME ON A BUDGET

**Q:** *I am a single mother who has just moved into a new, four-bedroom home. The problem is, I have virtually no furniture. Do you have some suggestions on how we can furnish our home inexpensively?*

**A:** There are many tactics you can use to furnish your home without spending a lot of money. For example:

- **Decorate with sheets.** Look for bargains on sale and at discount stores. Then use them for window curtains, a shower curtain, or even low-cost slipcovers.
- **Splash on some paint.** It takes time, but little money to fix up aging furniture with paint. Painted furniture also happens to be fashionable right now. Search for old tables, chairs, and chests at garage sales and secondhand shops.
- **Create furniture with unexpected elements.** Use your imagination to turn common materials into furniture. For example, make a quick dining table by topping a secondhand card table with a plywood round and skirting it with sheets. Or, create a child's desk by fitting sawhorses or file cabinets with a top made from plywood or even an old door.
- **Bring outdoor furniture indoors.** Outdoor furniture offers some great bargains—and some great ideas for creative furnishings. Try painting a wooden picnic table white to make a charming kitchen table. Fold-up canvas sling chairs offer comfortable seating at affordable prices.

**Although we cannot answer every letter in this column, if you have a decorating question, write to DECORATING Q & A, *Better Homes and Gardens®*, Dept. ID, Des Moines, IA 50336. Materials cannot be returned.**

DECORATING

# DECORATING Q & A

## ANSWERS TO YOUR QUESTIONS

### DECORATING DECISIONS MADE EASY

**Q:** *My husband and I just bought a new home in which we have to choose the flooring, window, and countertop treatments. Most people would be thrilled at this prospect, but I'm petrified! I have no talent in this area. How can I decide?*

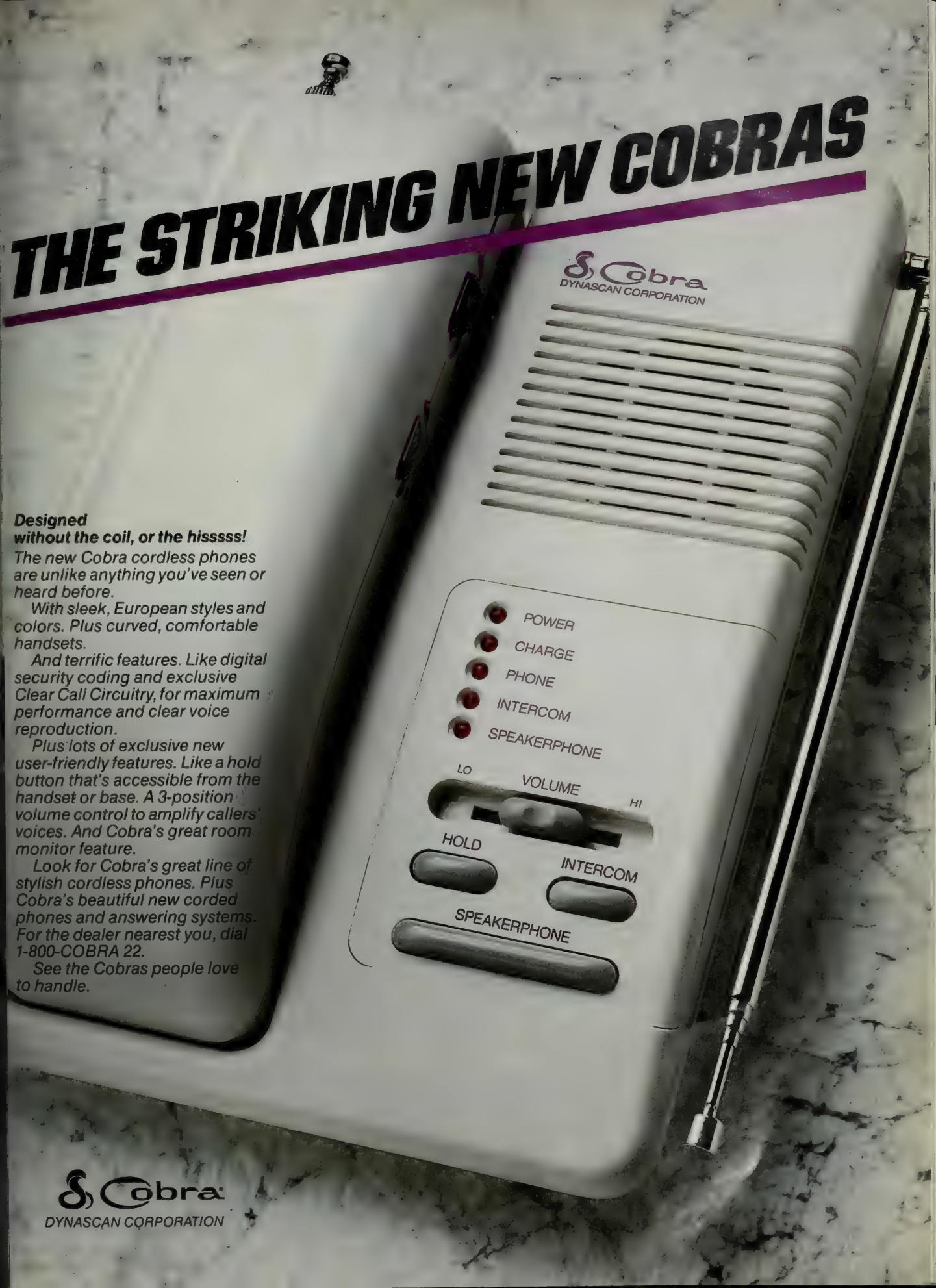
**A:** Whether you're choosing flooring or furnishings, here's an exercise to help you define your taste:

- **Buy decorating and building magazines** at your nearest newsstand.
- **Flip through the magazines,** clipping photos of rooms you like. Don't stop to think about why you like them.
- **Spread your favorite clippings**—say, a dozen or more—out on a table and look for similarities among them. Perhaps a certain color will predominate, or a material will show up again and again. Pay attention to the design styles of the rooms you like: Are the rooms formal, casual, neutral, colorful, country, contemporary? Studying the photographs will not only help you tune into your tastes, it will expose you to a lot of ideas for your new home.

If you still feel confused after this exercise, opt for the conservative approach and select neutral materials. You can always accent them with any colors you like later on. This way, you won't have to worry about living with a bad choice.



# THE STRIKING NEW COBRAS




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# WHEN THE KIDS COME HOME TO ROOST

## AND HOW LONG THEY SHOULD STAY

By John Rosemond



Empty nesters: an endangered species?

**In a 1986 commencement address, comedian Bill Cosby told the graduates, "Go forth! And don't come back!"**

**My wife, Willie, and I said the same thing to Eric, our oldest, when he left for college. We told him we're preserving his room until he graduates, at which time it becomes a sauna.**

### Times have changed

It's not that we want to be rid of him. It's that we feel a sense of joy at watching him break free, which we are confident he will do with great success.

It used to be understood that after high school graduation, we found a life of our own. Just about anything would do—college, the military, a job. But for today's kids, the understanding has changed. Consider:

- Four years after high school, 42 percent of the class of 1980 was single and living with parents, compared with 25 percent of the class of 1972.
- Although 1980 grads bring home larger paychecks than earlier generations, they actually earn 23 percent less than the Class of 1972, when figures are adjusted for inflation.
- A large majority say marriage is important, but they postpone marriage longer than any generation in 97 years.

### Money: Root of the problem

We'd expect young people living at home to accumulate a nest egg, but that's not the case. They save less and spend more than previous generations. Why? Many were raised by parents who spent lots on their children. On their own, these young people find it impossible to maintain that standard of living. The solution? Go back home, where the living is easy.

When they do, these are the kinds of questions I'm asked:

**Q.** ***Is it ever OK to let a grown child live at home?***

**A.** It's perfectly appropriate for grown children to come home when they're hit by divorce, job loss, or prolonged illness. Such difficult circumstances might temporarily keep them from being self-supporting.

"Roosting" is also acceptable during major transitions in the child's life. These would include the period between college graduation or military service and a job. If your child wants to live at home for a few months prior to getting married in order to build a nest egg, that's fine, too.

**Q.** ***What understanding should exist between parents and adult kids living at home?***

**A.** Whatever the circumstances, the arrangement should not be open-ended. Sit down with your child to set goals, a specific plan of action, and a time line for reaching these goals. For example, you might agree that the young person will be out of the house in six months. The first month will be spent finding a job, the second and third paying off debts, the fourth and fifth building a financial cushion, and the sixth finding an affordable place to live.

During this period, your child should make some contribution to the household. If money is a problem, doing chores around the home can substitute for payment. Once your child has a job, determine a reasonable room-and-board rate together. Grown children should earn their keep.

**Q.** ***How much control should we exercise over a grown child at home?***

**A.** No more than you would exercise over any other temporary boarder. Likewise, your child should come and go with respect for your lifestyle and values.

**Q.** ***What if our grown child violates the agreement or acts in a manner we disapprove of?***

**A.** Don't lecture or punish, but do express your concerns in a straightforward manner. Discuss violations of the agreement, with the goal of understanding why the violation occurred and preventing a repeat performance. If the conflict continues, counseling is the next step.

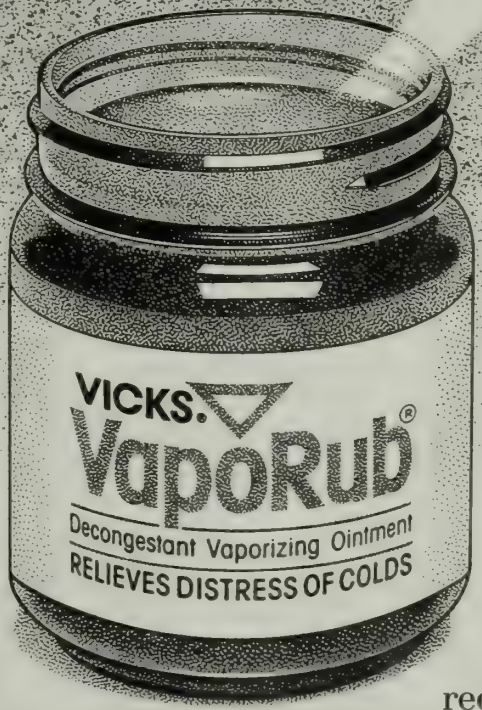
**Q.** ***What if the agreed-upon time for leaving comes and the young person isn't financially able to leave?***

**A.** Take stock of what went wrong and why. Set new goals based on the mistakes and try again. If the young person again fails to leave on schedule, there is more going on than meets the eye. At that point, you should explore issues with a family counselor. BH&G



*John Rosemond is a family psychologist, a nationally syndicated columnist, and a regular contributor to BH&G.*

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That means you can give your child congestion relief comparable to that found in a pill. No wonder more and more pediatricians are recommending VapoRub. Nothing will protect your children from colds, but it's nice to know that rubbing in VapoRub is all it takes to provide the quick, effective relief of real medicine.

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Ask your doctor for a sample, or write to: VapoRub Sample Request, P.O. Box 1569, Ridgely, MD 21684. Include name and address on a 3 × 5 card and 25¢ to cover postage and handling. Offer good only in USA. Limit one request per name and address. Offer expires 5/31/88. Please allow 6-8 weeks for delivery.

# FAMILY HEALTH

## IN THIS MONTH'S SPECIAL FAMILY HEALTH SECTION

**DENTAL NEWS THAT WILL HAVE YOU SMILING**
*Revolutionary treatments can leave you feeling no pain and seeing no stain* ..... **62**

**HEALTH UPDATE**
*Medical news you can use on osteoporosis, mumps, home health tests, and more* ..... **66**

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**COULD YOU HAVE DIABETES AND NOT KNOW IT?**
*Take a free test on National Diabetes Alert Day* ..... **80**

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**TESTING FOR RADON**
*Is your home safe from this invisible hazard? Here's how to tell, and what to do next* ..... **82**

STEVE BJORKMAN



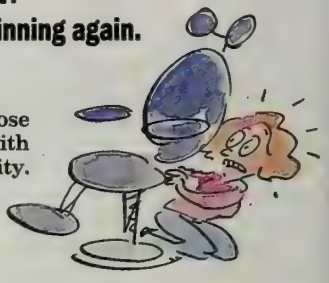
# DENTAL NEWS THAT WILL HAVE YOU SMILING

By Mary Conroy

**Do drills give you chills? Is your jaw out of joint? Fear not: new dental technology can get you grinning again.**

## FILLINGS WITHOUT FEAR

*Painless dentistry comes of age*



Face those fears with electricity.

If dentistry means discomfort to you, relax. Advances in pain control have nearly eliminated groans and grimaces in the dentist's chair.

The new periodontal ligamentary technique numbs just one tooth. Used mainly for the lower jaw, this process eliminates whole-mouth numbness.

Another new technique, called electronic dental anesthesia (EDA), uses an electrical current to block pain perception. Similar techniques have been used in sports medicine for years.

According to Dr. Stanley Malamed of the University of Southern California, EDA involves placing a miniature electrode sponge on each side of the mouth. With a battery-controlled device, you turn a dial to send a current of electricity between the sponges. This creates a tingle that keeps you from feeling pain.

Although EDA can't be used in oral surgery, it can be used in 90 percent of routine dental procedures. Malamed's patients like EDA because it gives them control over the amount of pain they feel, and eliminates the numbness that follows most dental work.



## 'FINGERNAILS' FOR YOUR FANGS

*How to hide those chips and stains*

Embarrassed by hopelessly stained teeth? Take heart: new "false fingernails" create stunning pearly-whites. The plastic, ceramic, or porcelain veneers fit over your teeth to hide those chips, cracks, and stains.

Two methods are used: In the direct approach, dentists attach plastic resin directly to the tooth and sculpt it to the correct shape. In the indirect method, after initial fitting, the veneer is custom-designed in a dental lab, then applied to the tooth. Indirect veneers, made of porcelain, are gaining favor because they cover stains more completely than direct veneers do.

*continued on page 64*

# How Could Something That Tastes So Good Fight Cavities So Well?

Easy. It's Crest. The cavity-fighter you've always trusted.

But half the battle of fighting cavities is getting kids to brush. Well, here's a new weapon.

New Crest for Kids. It tastes so great, kids actually enjoy brushing with it. (If you can imagine that.)

Of course, while they're brushing, they're getting the important cavity protection you've come to expect from Crest.

Try new cavity-fighting Crest For Kids. The flavor is so irresistible, once kids taste it, they'll rush to brush.

The dentists' choice for fighting cavities.




Accepted by the Council on Dental Therapeutics of the American Dental Association

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." —Council on Dental Therapeutics, American Dental Association. © P&G 1987.

# The instant itch reliever

## ...faster than hydrocortisones

Instantly on contact. That's how fast LANACANE® Creme Medication starts working to relieve an itch.

### Doctor recommended

LANACANE contains the special type of anesthetic used worldwide by doctors—for fast and lasting relief from pain and itching. Doctors know that's the fastest way to attack itching.

Hydrocortisones, like Cortaid® or Cortizone-5, work slowly and indirectly, and should be used *only* when inflammation is present. And hydrocortisones *don't* work on some of your most common itches because they contain *no* painkiller at all.

### Works on all kinds of itching

LANACANE shuts off every kind of itch on contact. From insect bites to dry skin, to personal itching. It safely relieves irritated skin, no matter how sensitive. And its antibacterial helps speed natural healing. LANACANE even contains Aloe to soothe and moisturize.

Yet, for all that relief, ounce for ounce, LANACANE costs far less than leading hydrocortisones.

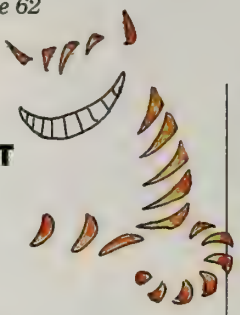
No wonder LANACANE is the world's leader in fast itch relief.




© 1988 COMBE Inc.




*continued from page 62*



## A CLEAR IMPROVEMENT IN BRACES

***Now you see them, now you don't***

Has the thought of being called "metal mouth" kept your children from getting braces? If so, the newest variety of tooth-colored or clear braces may straighten them out. The up-to-the-minute braces are made of ceramic or industrially produced clear sapphire. Advantages: these braces don't get discolored or distorted, but do stay firmly fastened to the tooth. Although the price of the braces is determined individually by each orthodontist, most patients find that these braces cost $500 more than traditional ones. (Typically, traditional braces range from $1,200 to $2,810.)



## DENTURE VENTURE

***Implants anchor false teeth***

If you can't wear dentures, you might try oral implants. Made of titanium, they are inserted into or fastened on top of the jaw, and form a base for permanently attached artificial teeth.

Careful diagnosis is important: what works for a friend may not be appropriate for your jaw type. With proper diagnosis, surgical procedures, and replacement teeth, implants have up to a 90-percent 15-year success rate, says Dr. Leonard Shulman of Boston's Forsyth Dental Center.

Complications include infection, numb lips, and rejection of the implant. Implants aren't recommended for diabetics, patients who grind their teeth, those who have poor dental hygiene, or people who are undergoing radiation or chemotherapy.

Costs vary widely, depending on your area of the country and your individual dental needs. For a single tooth, costs range from $1,200 to $2,500; for a full set of teeth, from $3,500 to $20,000.

**For more information**

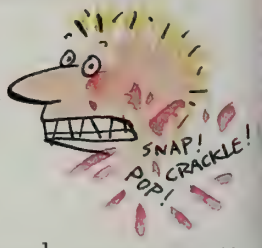
To learn more about implants, or to find an oral surgeon in your area, write or call: American Association of Oral and Maxillofacial Surgeons, 9700 W. Bryn Mawr Ave., Rosemont, IL 60018 (1-800/822-6637)



## DO AWAY WITH TOOTH DECAY

***Good news on those chews***

Chewing gum can *prevent* cavities? That's what researchers at the University of Iowa found. Chewing artificially sweetened gum makes you produce saliva. That dilutes the decay-causing acids created by cariogenic bacteria in your mouth, and so reduces tooth decay.




## SOUND OFF ABOUT TM

***It's a pretty noisy joint***

Snap, crackle, and pop may mean cereal to you, but to your dentist, it may mean temporamandibular disorder (TM). This painful condition occurs when the chewing muscles and jaw joints don't work together. TM disorders can cause headaches, tender jaw muscles, or dull facial pain. But now, an amplifier called the Doppler auscultator lets dentists hear the sounds that pinpoint abnormal jaw joints.

The process involves a pencil-shape probe placed over your jaw joint. An amplifier attached to the probe magnifies popping sounds and records them on a printout. Dentists use the printout to determine what type of treatment—from bite splints to biofeedback—will provide the most relief.

Ruth Greene, RN
Boone, North Carolina

"I'm a nurse in the O.B. nursery section. I used to hate the thought of holding babies with my rough, chapped hands. My skin truly suffered from constant washing with institutional soap. Curél is the best lotion I've used. I love it. It really did end my dry skin."






© 1986 S.C. Johnson & Son, Inc.

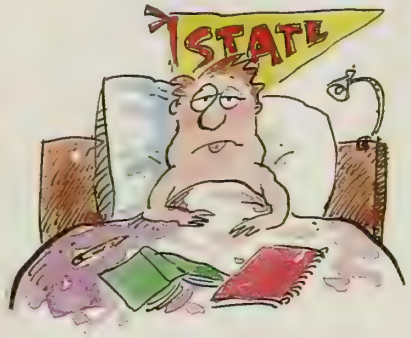
Most women agree...
Curél ends dry skin.

# Curél

# HEALTH UPDATE

## MEDICAL NEWS YOU CAN USE

By Paul Krantz




**Mumps are putting some college students to bed for 10 days.**

### MUMPS GROW UP

*They're not just for kids*

Many college students should be lined up and shot—vaccinated for mumps, that is. Experts at the Centers for Disease Control (CDC) warn that a rash of mumps cases has broken out on college campuses over the past two years.

Although mumps rarely cause permanent damage, students diagnosed with the ailment can expect to spend up to 10 days studying (and moaning) in bed. Mumps are as contagious as flu, but less contagious than measles. Complications are rare.

The risks do rise with the age of the victim, however. Boys past puberty and young men face a 20-percent risk of an infected testicle, which, in rare cases, can lead to sterility. Other complications include potentially life-threatening infection of the nervous system (meningitis), and damage to the pancreas, and other organs.

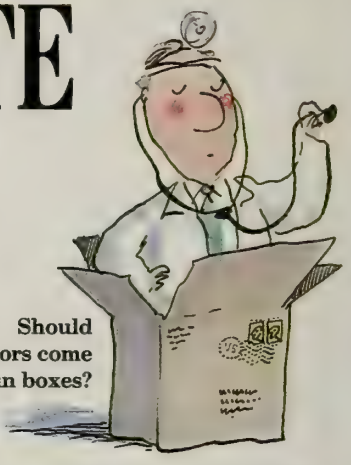
Fortunately, protection from mumps is just a vaccination away. Students in states without mumps immunization laws are most at risk, according to the CDC, and should be vaccinated. Those states: Alaska, Arizona, Arkansas, Iowa, Kentucky, Maryland, Mississippi, Missouri, Montana, Nevada, New Mexico, Oklahoma, South Carolina, Tennessee, Vermont, and West Virginia. In addition, Illinois enacted a mumps immunization law during 1987.

### HOME-STYLE HEALTH

*Free info on home tests*

Home medical test kits are allowing many Americans to monitor their own health. Tests for high blood pressure, colon cancer, pregnancy, ovulation, vision disorders, urinary infection, and impotence are just a small sampling of what's available at your drugstore or by mail.

Are these tests safe and reliable? For the most part, the answer is yes. But there may be a weak ingredient in every test: You. Failure to follow direction and misinterpretation of the results are the most worrysome problems with home tests, say experts.



**Should doctors come in boxes?**

ILLUSTRATIONS: STEVE BJÖRKMAN

If you would like to learn more about the promise and problems of home medical tests, write for your free copy of a government booklet on the subject. Write: Consumer Information Center, Dept. 535T, Pueblo, CO 81009. Ask for "Do-It-Yourself Medical Testing," Item No. 534R.



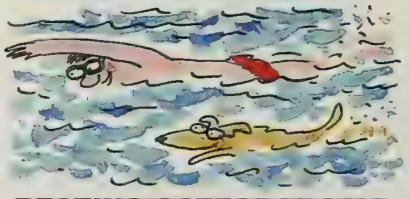
### BE HAPPY, LIVE LONGER

*Stay interested and active*

Crossword puzzles and square dancing may be real-life fountains of youth. A new Swedish study has shown that staying active and interested in life helps keep you healthy and happy well into your advanced years.

Swedish researchers followed three groups of people, all of whom were over age 70. People enrolled in the study were asked about their daily lives and interests. Those people who engaged in activities that stimulate the mind or body—from maintaining friendships to solving puzzles—lived longer than individuals with few or no interests.

The study also punctured the myth that age automatically brings ills. By age 70, only 5 percent of those studied had a debilitating handicap. By age 79, only one in five was plagued with advanced illness.



### BEATING OSTEOPOROSIS

*Swimming can help*

With life-long exercise such as long-distance running, you are less likely to have the low bone mass associated with brittle bones in old age. A new study has surprised some experts by revealing that swimming has a similar effect.

Dr. Eric S. Orwoll of the Veterans Administration Medical Center in Portland, Oregon, studied men who had been swimming an average of 4½ hours per week for 13 years. The swimmers had significantly more bone mass in their spines and forearms than did a control group of sedentary men. Extra bone mass is thought by experts to be

*continued on page 68*

# Did you almost forget to take your blood pressure medicine today?

When your doctor tells you that you have high blood pressure, he may also tell you that control of it starts with *never* forgetting to take your medicine.

Yet, of the 18 million people in the United States who are under treatment for hypertension, approximately 6 million *do* forget. And many more can't even remember if they did take their medicine.

If you are one of them, you undoubtedly have your reason. Perhaps it's because you travel a lot. Or you work different shifts, so you're either getting up when others are going to bed... or vice versa. Or you're raising teen-agers who occupy all your time and mind. Then again, you may have to take several medications, so you sometimes forget one.



Understandable! But not one of these excuses will ever help your health.

Today, however, science has found a way to help you remember. It's high blood pressure medicine you wear, for a week at a time. It comes in an adhesive patch that's easy to apply to your skin.

Like any medication, however, patch therapy is not for everyone. Ask your doctor about it. If he says yes and your body agrees, the patch can help you remember.

## Ask your doctor about this form of medicine: you wear it...a week at a time.

Boehringer Ingelheim Pharmaceuticals, Inc., Ridgefield, CT 06877

# Only one pregnancy test says yes or no in 10 minutes. FIRST RESPONSE®

**I just did it! The FIRST RESPONSE® Pregnancy Test.**

Well, what's the news?

**Only FIRST RESPONSE can tell you in 10 minutes! Turns blue for pregnant. Stays clear for not pregnant. And it's so easy to see.**




You knew, in just 10 minutes?

**Absolutely, darling. And when FIRST RESPONSE says yes or no, it's for sure. With other tests, you may have to wait longer for complete results.**

So which is it, yes or no?

**Oh, I thought I told you... Daddy!**

**You can always trust your FIRST RESPONSE®**




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That's important news because "some people don't benefit from drugs or don't want to use drugs," according to psychologist Irene Elkin, the coordinator of the study.

"Psychotherapists also attempt to give people skills to use if they become depressed in the future," Dr. Elkin says. Future studies will determine if the benefits of talk are long lasting.

In the study, drugs worked better at first, but by 16 weeks the psychotherapy had caught up. A control group receiving sugar pills showed some improvement, though fewer of these people recovered completely.

## NIGHTMARE NEWS FLASH

*Bad dreams reveal creativity*



Recurring or frequent nightmares may be a sign of a creative mind, according to Ernest Hartman, M.D., and his colleagues at Lemuel Shattuck Hospital in Boston. The researcher bases this claim on his study of nightmare sufferers. Hartman found them to be more sensitive and artistic than average. One-fifth of the group worked in the arts. Others had jobs like teaching that involve creativity.

Hartman thinks that nightmare sufferers may tend to be more open to their inner feelings. While this openness to feelings boosts creativity, it also makes such people more vulnerable to mental illness than average. Dr. Hartman's tests indicate that people with nightmares are much more likely to suffer from psychosis—a debilitating impairment of mental abilities. They also are more likely to have relatives with psychological ailments.

Most of the nightmare victims were otherwise perfectly normal. "These folks weren't terribly angry or hostile," Hartman says. "They were perfectly nice, gentle people. We all have nightmare material within us, but most of us push these feelings away."

## HEALTH UPDATE

*continued from page 66*

good insurance against osteoporosis.

But women who want to use exercise to beat osteoporosis had better start early. According to a study by exercise physiologist Shelly Kirk at the University of Southern California, exercise early in life seems to add bone mass. After menopause, the effect fades.

Extra bone mass is thought to be insurance against osteoporosis, but studies conducted over many years are needed to pinpoint the precise benefits.



### TALK VS. DRUGS

*Two therapies square off*

Talking with a psychotherapist may help some depressed people as much as a standard drug treatment, according to a new study.



Fish oil may help scaly skin

## FISH OIL FOR PSORIASIS?

*Benefits seen in one trial*

Almost two-thirds of psoriasis sufferers who were given fish oil supplements showed a "mild to moderate" improvement of their conditions. That's according to Vincent A. Ziboh, Ph.D., of the University of California at Davis.

Although treatable, psoriasis often returns. The disease causes scales to form on the skin; some cases become widespread and severe.

Like the claim that fish oil can prevent heart disease, the usefulness of supplements alone to treat psoriasis is inconclusive and needs to be studied further, notes Dr. Ziboh. Researchers, however, caution that fish oil supplements are new and excessive use of them may lead to unforeseen health problems down the road.

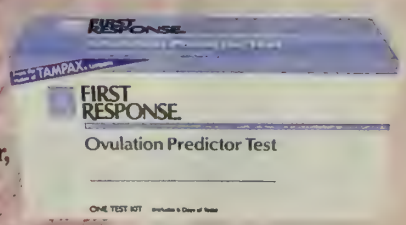

"At 37, my biological time clock for having babies was running out. Thanks, FIRST RESPONSE."

Ann J. Byles



Vanessa A. Byles, 4 months

Becoming pregnant isn't always easy. So timing is crucial. There is only a short time each month that a woman can become pregnant. Ann Byles tried for over a year before she used the FIRST RESPONSE® Ovulation Predictor, a simple home test that reliably predicts when a woman is most likely to conceive.* And it takes only minutes.




*This product is not effective as a contraceptive.

We've got living proof it works.

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From the maker of TAMPAX® tampons




## HARD WATER HEALTH

*Minerals help your heart*

The taste of water straight from some wells may be awful, but the benefits to your health can be blissful. Hard water seems good for your heart, says a study published by the American Heart Association.

The same minerals that give hard water its taste—and leave a ring around your tub—may help keep your heart healthy. Soft water, in which minerals are largely absent, doesn't have this protective effect.

The evidence for this theory comes from a study of two groups of farmers. The research was conducted by Elaine Zeighami, Ph.D., of the Oak Ridge National Laboratory in Tennessee. One group of farmers drank soft water—water low in calcium and magnesium. The second group drank hard water, commonly found in well water and some public water supplies.

The result: those farmers who drank soft water had more evidence of heart disease than farmers who imbibed the hard stuff.

Dr. Zeighami's advice: Don't use a water softener for drinking water. You lose the potential benefits of calcium and magnesium, she notes. Water softeners also add sodium to the water. This mineral has been linked to heart-damaging high blood pressure in salt-sensitive people.

# HAVE A NUTRITION QUESTION?

## HERE'S WHERE YOU CAN GET ANSWERS—FREE!

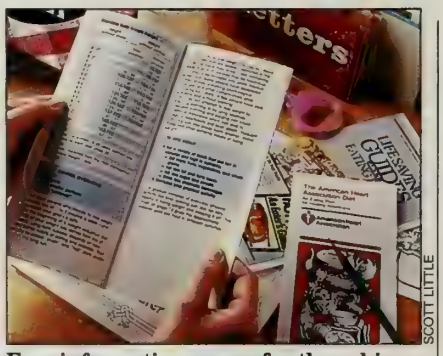
By Joy Taylor
and Peggy Rupert

**Where can you get answers to your nutrition questions? We did some research and located good sources for free nutrition information. Here's what we found:**

### WHOM TO CALL

### General nutrition

● When you're not sure who can answer your health-related questions, contact the **Office of Disease Prevention and Health Promotion National Health Information Center (ONHIC).** They'll direct you to an organization that can help. Ask ONHIC for a **HEALTHFINDER** list. HEALTHFINDERs give information on topics such as weight control and community health programs. (1-800/336-4797; Maryland, 301/565-4167).



SCOTT LITTLE

**Free information, yours for the asking.**

### Cancer

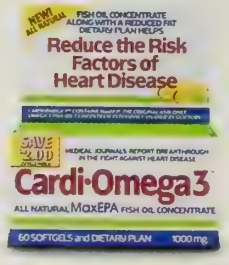
● Call the **Cancer Information Service** for the pamphlet **Diet, Nutrition and Cancer Prevention: The Good News.** It has tips to help you lower your risk of cancer (1-800/4CANCER; Alaska, 1-800/638-6070; Washington, D.C., 202/636-5700; Oahu, 808/524-1234, neighboring islands call collect).

### Children

● The **Beech-Nut Nutrition Hotline** handles calls about infant and childhood nutrition. They have good food ideas for you whether you're pregnant or in need of some better snack choices for your toddler (1-800/523-6633, except Alaska).



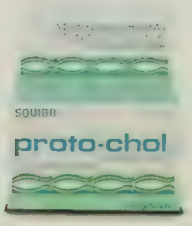
Others give you more cholesterol.




**10 mg** cholesterol per serving




**12 mg** cholesterol per serving




**10 mg** cholesterol per serving

## Diabetes

● Good nutrition is essential for people who have diabetes. Contact the **American Diabetes Association** and request their free, one-year subscription to **Diabetes '88,** a quarterly newsletter filled with research updates and tips for diabetics as well as their families. Be sure to ask for their reading list of publications on diabetes (1-800/232-3472; for Virginia and Washington, D.C., 703/549-1500).

## Sports nutrition

● Are you fitness-minded? The **Women's Sports Foundation** supplies answers to your general questions about nutrition and sports. Better yet, if you have a specific topic you'd like to inquire about, such as athletic performance and weight loss, they'll mail you a resource list and articles on the subject. With your packet you'll receive a request from the foundation for $2 to cover postage and handling (1-800/227-3988, except N.Y.).

## WHERE TO WRITE

## General nutrition

*The U.S. Government has a lot of nutrition information for you. Much of it is free, if you know where to write.*

● The **Food and Nutrition Information Center (FNIC)** library publishes **PATHFINDERs.** These brief bibliographies cover topics ranging from food irradiation to vegetarianism. The lists come in consumer, educator, and professional editions, so be sure to specify which one you need: USDA, Food and Nutrition Information Center, Room 304, National Agricultural Library, Beltsville, MD 20705.

● You'll find sound advice to help you lead a healthier lifestyle in the **Dietary Guidelines for Americans** booklet. Write to the **Human Nutrition Information Service** for your copy. Also ask for the free list of other nutrition publications: USDA, Human Nutrition Information Service, 6505 Belcrest Road, Federal Building No. 1, Room 325-A, Hyattsville, MD 20782.

● For a list of free and low-cost federal publications on food and health, the **Consumer Information Catalog** is your best bet. It offers booklets and fact sheets on topics ranging from food labeling to dietary sodium: Consumer Information Catalog, Pueblo, CO 81009.

● The **American Dietetic Association** will assist you in your quest for nutrition knowledge. This professional organization offers **The Good Nutrition Reading List,** which lists ADA-recommended publications. Include a stamped and self-addressed envelope: Good Nutrition Reading List, Box BHG, American Dietetic Association, 208 S. LaSalle St., Suite 1100, Chicago, IL 60604-1003.

● Want the facts on sensible weight-loss programs? The **Nutrition Information Service** at the University of Alabama-Birmingham has fact sheets on these and other topics: Nutrition Information Service, 234 Webb Building, Birmingham, AL 35294.

*continued on page 72*




# Promega™ gives you more omega-3. Cholesterol-free.




When you're trying to reduce your risk of heart disease, one thing you don't want is more cholesterol.

You want cholesterol-free Promega. The all-natural omega-3 supplement from Parke-Davis.

**Preferred By Heart Specialists.**

Promega is the one preferred by heart specialists. Unlike other natural omega-3 fish oil supplements, only Promega is cholesterol-free with more omega-3. Omega-3 fatty acids, prominent in the diet of the Greenland Eskimos, have been linked to the Eskimos' extremely low incidence of heart disease.

Promega may cost more. But then it gives you more. More of what you want from a fish oil. Not what you don't. That's why it's the ultimate omega-3 supplement.

Reduce total dietary fats. Substitute polyunsaturated for saturated fat. Exercise. Don't smoke. Watch your weight. It all helps reduce your risk.

**The Ultimate Omega-3 Supplement.**

For a free information booklet and a diet plan, call 1-800-447-9423, weekdays 8:30 AM to 5PM EST. In Minnesota call 1-800-322-0493.




MANUFACTURER COUPON | EXPIRES 1/31/89 70-038-D

**SAVE $1.00**

**on Promega™ or Promega™ Pearls (any size)**

**RETAILER:** We will pay you for face value plus 8¢ provided you and consumer have complied with offer. Void where prohibited, taxed, or restricted by law. Cash value 1/100¢. Consumer pays any sales tax. Invoices proving product purchase to cover coupons must be available. Limit one coupon per purchase. Mail coupons to: CHPG, Warner-Lambert Company, Box #870156, El Paso, Texas 88587-0156.

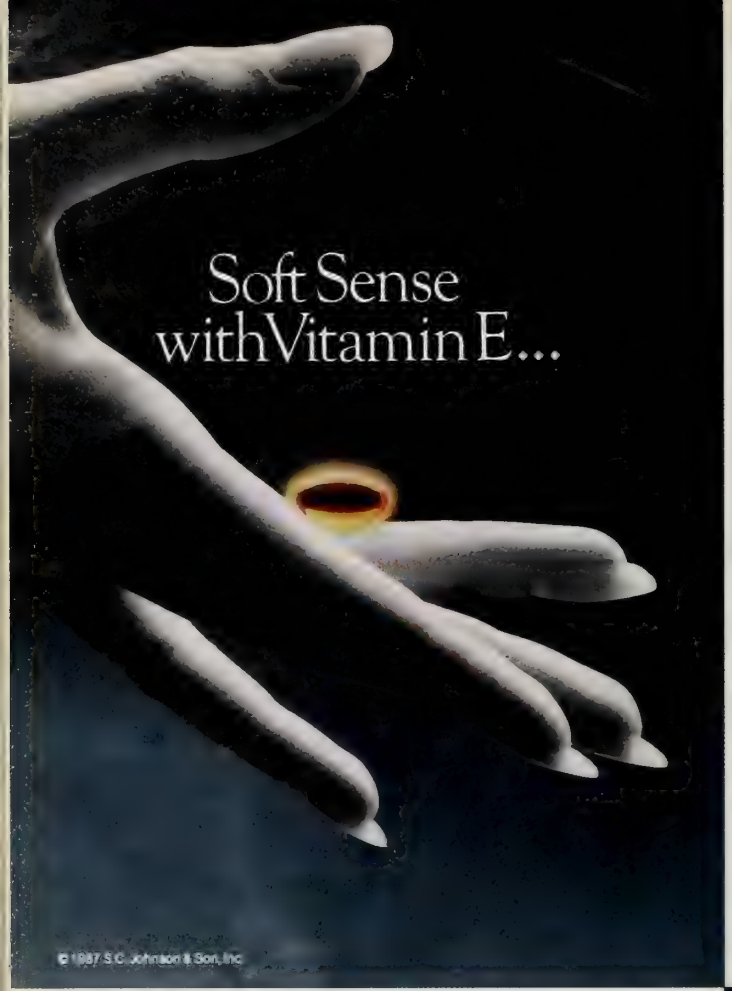
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- Do you wonder how nutritious the selections are at your favorite salad bar? The **Association for Dressings and Sauces** offers this information in **Fresh Fare Values: A Nutrition Guide to Foods Commonly Found in Salads.** Send a stamped and self-addressed No. 10 envelope to: Fresh Fare Values, Dept. BHG, The Association for Dressings and Sauces, 5775-D Peachtree-Dunwoody Rd., Atlanta, GA 30342.

### MORE HELP

- Visit or call your local or state health department. Qualified personnel can answer your questions.
- Contact your county and state cooperative extension services for updates on the research findings at your state land-grant university.
- Check with the consumer affairs offices of your local supermarket.
- Consult the dietary departments at your local hospital or clinic.
- Call or write to the consumer affairs offices of food companies for product information. Many have toll-free numbers.
- Ask the reference librarian at your local library to help you locate books and other materials concerning nutrition.
- Last but not least, be patient! Chances are that the information you want is out there, but your calls and letters may not be answered on your first try. Persistence reaps results. Good luck!

**What's on Your Mind?**
If you have diet and health concerns, favorite good-health recipes, and cooking tips, we'd like to hear from you. Send your letters to: Diet and Health, P.O. Box 7, Des Moines, IA 50336. No materials will be acknowledged or returned. BH&G

## DIET AND HEALTH

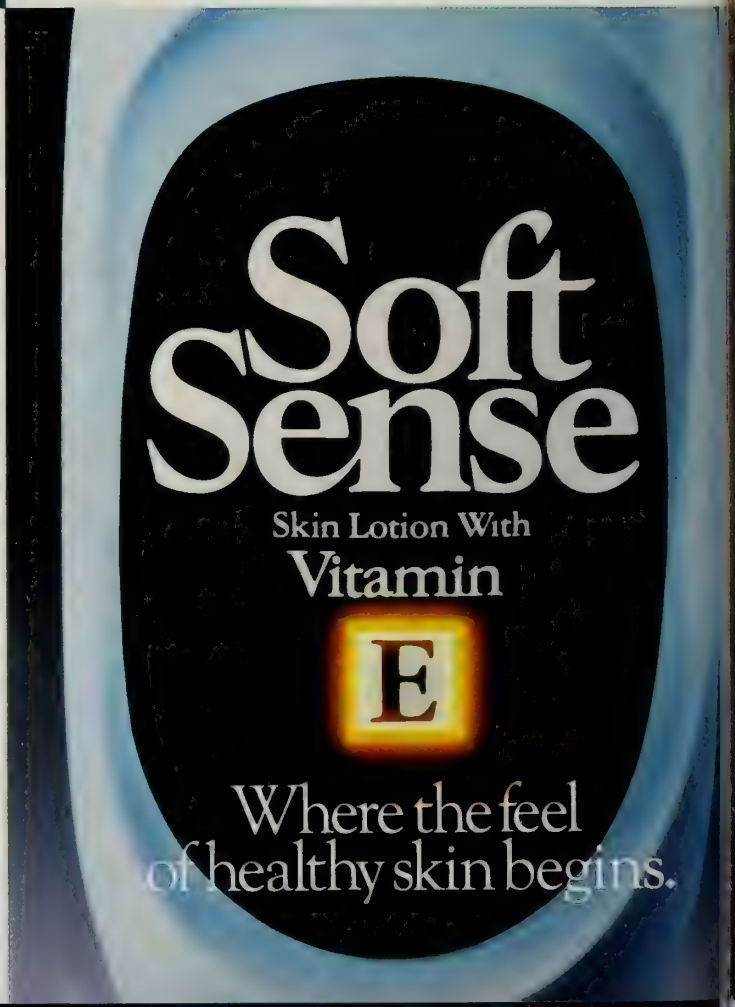
*continued from page 71*

### Heart disease

- For healthful hints on managing your fat intake, read **The American Heart Association Diet** pamphlet. You will learn which foods can lower your risk of heart disease. Send a self-addressed and stamped envelope to: The American Heart Association, Box BHG, National Center, 7320 Greenville Ave., Dallas, TX 75231.
- The **National Cholesterol Education Program** of the **National Heart, Lung and Blood Institute (NHLBI)** has heart disease booklets. Especially helpful is **Eaters' Almanac,** a 36-page booklet of fat facts, low-fat recipes, and eating tips. Ask for a publications list: National Cholesterol Education Program, NHLBI-NIH, C-200, Bethesda, MD 20892.
- Many people in Mankato, Minnesota, have healthier hearts, thanks to the **Mankato Heart Health Program.** They can help you, too. You'll find what food ingredients contain sodium with the **Read the Labels** list. You'll learn healthier ways to shop, cook, and eat with their other fact sheets and pamphlets: Mankato Heart Health Program, 101 N. Second St., Mankato, MN 56001.

### Fast foods

- The **Center for Science in the Public Interest** campaigns for the health rights of all consumers. Write to them for a free list of their books and posters. Topics include sodium and food additives: The Center for Science in the Public Interest, 1501 16th St., NW, Washington, DC 20036.



# A REFRESHING NEW TASTE YOU'LL LOVE A BUNCH.

Introducing new Dole® Pine-Orange-Banana Juice. The only 100% pure fruit juice that blends ripe banana, tangy orange and the fresh-cut taste of Dole pineapple. So smooth, so refreshing, so natural. With no sugar added. So if you like bananas, sip into Dole.

Dole.® The perfect vacation from orange juice.




© Dole Packaged Foods Co., 1988

# Why does dentist Yvonne Callas use Lightdays® Pantiliners?



***"Lightdays keep me feeling clean and fresh all day, like I've just stepped out of the shower."***

*"My day starts at 7am and I have very few breaks in between patients."*

*"Lightdays liners give me added security so I can do my job without worrying."*

*"As a dentist, that's essential."*

*Yvonne Callas, D.M.D.*

Comfortable hourglass shape.
Remarkably thin.
Secure "no-slip" wideband adhesive.




For just-showered freshness all day, every day.

© 1987 Kimberly-Clark Corp

# FITNESS MATTERS

## GOOD NEWS FOR FITNESS FANS

By Gary Legwold



Time slows when you're having fun.

### EXERCISE AND LONG LIFE

*Work out one hour, live two more*

Ever wonder just why you bother plugging along in your exercise program through these long winter months? Here's why: You'll live longer.

And that's not just fitness-boom hype. An exhaustive statistical study of lifestyles of nearly 17,000 men by researchers at Stanford University has shown that for every hour you exercise, you can live an extra two—or more.

The good news for the active elderly is that this is true for them as well as exercisers in middle age.

There is a catch, however. You must walk a lot, and briskly enough to burn 2,000 to 3,500 calories a week, says epidemiologist Robert Hyde. "In the Stanford study, men who were that active lowered their chance of heart attack by a third."

Hyde points out that exercise isn't the only factor affecting longevity. Genetics, smoking, and diet are among the other influences on how long you'll live, he says. But this study showed that when other things are equal, exercise can give you time.

"You may not prevent heart disease, but you can postpone it with exercise" and be more vital to boot, he says. "The year or so of life that you could gain will be a good one, one worth living for."

*—Gary Legwold is a free-lance writer who specializes in fitness and medical topics. He is a frequent contributor to* Better Homes and Gardens® *magazine.*

### KEEPING THE PRESSURE OFF

*Breathe as you go*

Many of us do something dangerous while picking up heavy objects: We hold our breath. That's a bad move, says Patrick O'Conner, an Ithaca College graduate student in sports medicine. Holding your breath doesn't increase your strength, but it does help send your blood pressure skyrocketing to potentially dangerous heights.

O'Connor's study shows that the best strategy when lifting heavy objects is to keep breathing as regular as possible. Other authorities recommend breathing *out* on the effort, and *in* during recovery. Either way, says O'Connor, the goal is to keep breathing so you limit the rise in blood pressure to safe levels.



Why is his face red?

ILLUSTRATIONS: STEVE BJÖRKMAN

Even with breath control, lifting puts a strain on your heart. "We can't eliminate all mechanisms that cause blood pressure to rise during exercise," says the study's coauthor Dr. Gary Sforzo, "but at least with proper breathing we can help minimize the amount the pressure increases."

### KNEE PAIN IN WOMEN

*Build up those thigh muscles*

Women who work out will be knee-deep in knee pain unless they take precautions, says Dr. David Pashman.

About 60 percent of Pashman's knee patients at the Albert Einstein Medical Center in Philadelphia are women, many of them runners, cyclists, aerobic dancers, and body builders. Common ailments include sprains caused by overusing muscles and joints, inflammation, and dislocations of the kneecap.



There's no kneed to be in pain.

Why more women exercisers with knee problems than men? Pashman says women have a wider pelvis than men (an evolutionary adaptation for childbirth), causing the knee to be angled inward more. This increased angle can contribute to the kneecap's sliding out of its normal position. More important, women often have weaker thigh muscles than men. With overuse, weaker muscles are less able to help buffer shocks to the knee itself and to prevent the kneecap from sliding out of its normal position.

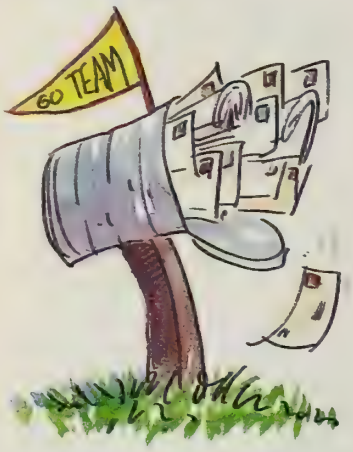
Pashman isn't completely convinced women are more prone to injury. They may simply be more likely to see a doctor when they become injured, he theorizes.

**To protect your knees:**

1. Get good arch support. Without it, the knee turns in and the kneecap tends to shift out of place.
2. Increase exercise slowly.
3. Don't do squats or deep-knee bends, which stress the knee.
4. Strengthen thigh muscles. Use weights, or simply tighten muscles during the day while sitting or standing.

*continued on page 76*

*continued from page 75*




## EXERCISE INFO BY MAIL
*Free for the asking*

Two new booklets offer food and family fitness facts, and a third talks frankly on sports and kids.

***The Health Walk Handbook*** gives safe walking tips and explains walking's benefits., For a copy write Mazola Health Walk Handbook, Dept. HW-BHG, Box 307, Coventry, CT 06238. Include SASE (business-size) or 25 cents.

***The Weekend Athlete—An Exercise & Diet Guide*** offers advice on foods from athletes and sports medicine pros. It also has low-cal beef recipes. Write The Weekend Athlete, The Beef Industry Council, Dept. WA-BHG, 444 N. Michigan Ave., Chicago, IL 60611. Include SASE (business-size).

***Sports and Your Child*** answers questions like: What age should a child get started in sports? Should boys and girls play sports together? Send a SASE to: American Academy of Pediatrics, Sports/Dept. C-BHG, Box 927, Elk Grove Village, IL 60009.

## MAKE WORKOUTS EASIER
*How you see yourself is important*

When you step out onto a tennis court, do you feel like a square peg with a round ball? Does the thought of sharing a track with other runners leave you shaking in your sneakers? If so, beware: Your attitude, more than your aptitude, may be a stumbling block to getting fit.

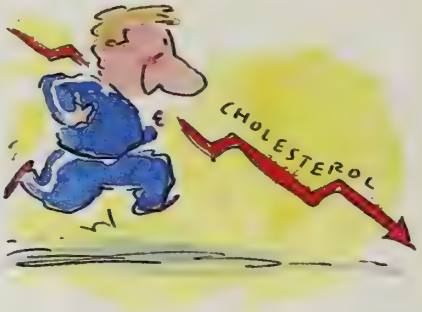
Dr. Steven Boutcher of the University of Virginia has found a direct connection between your attitude and how hard exercise *seems* to you. If you feel that a particular activity is right for you, Boutcher's study shows that it's going to seem like less work. On the other hand, if your attitude is, "What am I doing out here?" then you'll feel as if you're working extra hard.



**Fitness that's fun works best.**

To benefit from this new finding, Boutcher suggests learning as much as you can about your chosen activity, and buying the right equipment. If you're going to take up say, tennis, study the rules and don't try to play in basketball shoes. That way, you won't feel so much like a raw beginner—even if you are—and you'll find yourself less strained.

If you continue to feel awkward, try another activity. Eventually, you'll find a fitness activity that's just your style.




## EXERCISE AND YOUR HEART
*Time needed to lower cholesterol*

*Rx for high cholesterol levels: Vigorous exercise. Take 3 times a week for one-half hour.* That's a prescription many doctors are writing these days. Regular, vigorous exercise can cut your risk of heart disease, but it's a remedy that takes time to work.

Cholesterol improvements appear only after about four to six months of moderately intensive exercise, according to Dr. Ronald Ratliff of the University of Oklahoma.

Certain cholesterol changes have been accomplished in as little as two months, says Ratliff, but generally only when exercisers have very high cholesterol to start with and only when they are working out at high intensities and for longer durations each time.

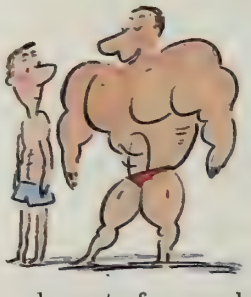
Why so long for any change due to exercise? Probably because it takes time for changes in the many enzymes involved in fat metabolism and cholesterol levels, says Ratliff.

So give exercise—and a low-fat diet—a chance to work.

## ISOMETRICS
*Where are they now?*

Remember Charles Atlas and his 97-pound weaklings? In the 1950s, he first popularized isometrics as a way to turn perennial victims into muscle-bound heros. Studies at the time claimed 5 to 50 percent strength gains *a week* just from pushing against an immovable object for six seconds daily.

Unfortunately, those early dramatic claims couldn't be confirmed, and studies showed isometric strength gains were good for only part of a muscle, causing muscle imbalance, a condition that can lead to injuries.



**Isometics: Instant muscles?**

Also, isometrics' sustained pushing often led to dramatic—and potentially dangerous—rises in blood pressure (see "Keeping the Pressure off," *page 75*).

Isometrics are down, but not completely out. Highly trained athletes use so-called functional isometrics to bring their performance to a peak. With functional isometrics you exercise muscles through the entire range of motion, and then use isometrics where you are weakest in the range of motion.

Dr. Pat O'Shea at Oregon State University warns that functional isometrics is not for beginners. The practice causes blood pressure to rise and it stresses joints. BH&G



# PROMISE®. IT'S AT THE HEART OF EATING RIGHT.

Recent medical evidence has shown that your family's risk of heart disease can be reduced by lowering their serum cholesterol levels. And because both cholesterol and saturated fat can raise those levels, you should try to include foods that are low in both in your family's diet.

Like Promise® Spread. Made with sunflower oil, it's lower in saturated fat than any margarine and has absolutely no cholesterol.

Try Promise. It's so delicious, your whole family might just have a change of heart about eating right.




GET HEART SMART.™

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# NEW CHOLESTEROL GUIDELINES

## UPDATED, SIMPLIFIED, CRITICAL

By Paul Krantz

### New healthy-heart rules

Cholesterol kills. Studies have confirmed this fact over and over again. Yet shockingly, 35 percent of all doctors don't believe that cholesterol is any big deal, according to the American Heart Association (AHA). Many more physicians are unfamiliar with the new guidelines for treating high cholesterol.

The new AHA recommendations can help you minimize your risk of heart attack and stroke. Unlike previous guidelines, the new rules are very simple. All you need to know is one number: your cholesterol level. It's simple to get your number—just ask your doctor for the test.




STEVE BJÖRKMAN

**Watching one simple number—your total cholesterol level—can help you keep your heart healthy. The American Heart Association's new guideline: *Adults over age 20 should aim for a cholesterol number below 200.***

### A quick, easy test

For less than $10, your doctor can measure the total amount of cholesterol in your blood. The test is quick and painless; you don't even need to fast before this basic measurement is taken. You'll have your number in hand within a week.

Most results fall between 150 and 300. (For those who care to know: the figure represents milligrams of cholesterol per deciliter of blood. Got it? Fine, now you can forget everything except your number.)

### What should you do?

Is your doctor keeping up with all the latest news for treating high cholesterol? If you'd like to compare the health care you're getting to the new guidelines, here's a simple summary of what should happen, based on your cholesterol number:

**Below 200.** Relax. Your risk of heart disease is low, especially if you don't smoke, aren't overweight, and don't have a family history of heart attacks before age 55. Within five years, have your cholesterol checked again.

**200 to 239.** Your doctor should talk to you about eating less fat, especially fat from meat and palm or coconut oil, and cutting back on high-cholesterol foods like eggs, liver, and bacon.

Some people in this range need a second type of test to measure the amount of "good" and "bad" cholesterol in their blood. You qualify for this second test if you have any *two* of these risk factors:

- Male sex
- Family history of heart disease or vein disease
- Currently smoke
- High blood pressure
- Very low blood levels of so-called "good" cholesterol
- Diabetes
- 30 percent or more overweight

**240 or above.** Regardless of other risk factors, you qualify for the good/bad cholesterol test described in the previous section. Talk to your doctor about having this test performed.

### What now?

A bad cholesterol number above 130 puts you into the high-risk category.

High-risk people must limit their intake of fat and cholesterol and must eat more fresh vegetables and whole grains. In severe cases, you may be put on a very low-fat diet, then rechecked every one to three months. A registered dietitian can help you discover appetizing low-fat foods.

Generally, you should see results from your new diet within six months. For a few people, diet alone may not be enough to get their cholesterol number down to a safe level. If you fall into this category, you may need to try cholesterol-lowering drugs.

Although several new drugs have made headlines lately, your doctor will probably start you on a drug with a longer history of safety. If these first-line drugs fail, or if you develop severe side effects, then you might be started on the newer drugs.

### What about kids?

The new cholesterol guidelines are intended only for adults over age 20. For children under age 2, the American Academy of Pediatrics recommends against restricting fat and cholesterol.

Between ages 2 and 20, a healthful diet includes a variety of foods, with the emphasis on vegetables, whole grains, low-fat dairy products, and limited amounts (no more than 6 ounces per day) of meat, fish, and poultry.

### For more information

To learn more about keeping your cholesterol levels under control, contact your local chapter of The American Heart Association.

# Rising to the top



Viewed from any angle, one bran cereal seems to rise above the rest. Crunchy Bran from Quaker. The high-fiber bran cereal made of tasty little air-tight pockets that float and stay crunchy in milk. So instead of bran cereal that turns to mush, you enjoy the crunchy taste of toasted bran.

Next time pour milk on top of Crunchy Bran.

And watch bran cereal go up in your estimation.




Finally, high fiber goes crunch.

© 1988 The Quaker Oats Co.

# PROBLEMS




**Read the box before you buy:** if your contact lens solution contains the preservative thimerosal, it could cause problems. Problems *(like burning, stinging, allergic reactions)* a thimerosal-free solution can solve...

## FAMILY HEALTH

# COULD YOU HAVE DIABETES AND NOT KNOW IT?

### What is diabetes?

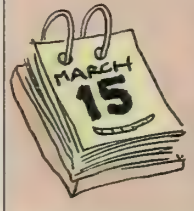
With diabetes, your body doesn't make enough insulin. As a result, sugar builds to harmful levels in your blood. Diabetes can lead to blindness, kidney failure, and death. Fortunately, good treatments are available.

### To get your free test

On March 15, thousands of businesses and health agencies will pass out a questionnaire that rates your risk of developing diabetes. For information, call 1-800-ADA-DISC (in Va. and D.C. 703-549-1500) or a local ADA chapter.

If your answers put you into the high-risk category, you may get a free finger-prick blood test at Medicine Shoppe pharmacies nationwide. These pharmacies are also handing out the screening questionnaire. If no Medicine Shoppe pharmacy is near you, see your family doctor.

**AMERICAN DIABETES ALERT DAY**




**Five million Americans have diabetes and don't know it. Millions more may develop the condition. Discover your risks with a free diabetes screening on American Diabetes Alert day, March 15.**

### Signs and symptoms

Signs of diabetes sometimes develop slowly, so you may not be aware of what is happening. Symptoms include frequent urination, unquenchable thirst, weight loss, constant fatigue, and blurred vision.

### Treatment

Maintaining normal weight and sticking to a prescribed diet and exercise plan can control some forms of diabetes. Other types also require insulin shots. Most people with diabetes, however, lead normal lives. Certainly, the earlier you find out about diabetes, the better your chances of coping with it. BH&G

# SOLUTIONS




**Read the box before you buy:** if it says Murine, you know the solution you're buying won't cause thimerosal problems. Because every solution in the new Murine Soft Contact Lens line is 100% thimerosal-free.

**Murine.®**
Contact Lens Care


## FAMILY HEALTH

# CAN HELPING OTHERS HELP YOUR HEALTH?

**New research indicates that helping others may reduce stress and improve your health.**

### Feeling good—and more

What happens when you tutor a child, help out at a nursing home, or aid someone who has fallen in the street?

Most people would say such activities make them "feel good." For many, that's not just a vague perception, but a tangible physical sensation—a tingling, or a "rush."

There could be good reason for those physical feelings. "We don't yet know exactly how the mechanism works," says Alan Luks, executive director of The Institute for the Advancement of Health, a national organization including prominent researchers and doctors.

"One theory is that it belongs to the same sense of well-being that comes from frequent vigorous exercise or relaxation techniques. Those release the body's natural painkillers. When there is no physical pain to kill, they produce a sense of well-being." Health benefits may be similar, too; studies have found that helpers' cholesterol levels and hypertension are reduced. To help with a major study, write: **The Institute for the Advancement of Health, Dept. B, 16 E. 53rd St., New York, NY 10022.** See guidelines (*left*). BH&G

**TELL US ABOUT YOUR EXPERIENCES**

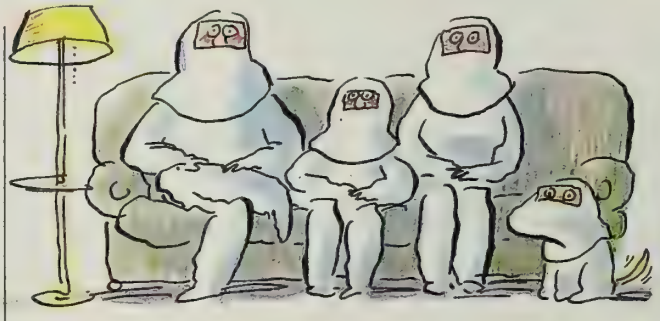
Use these guidelines (see address, *right*).

- Your health is: . . . excellent . . . good . . . fair . . . poor.
- You are: healthier than . . . just as healthy as . . . not as healthy as others.
- In the last year, did you try to help someone, or many people through a group? Once? 2–5 times? 5–10 times? Repeatedly? Family members? Friends? Strangers?
- During the experience(s), did you have a physical sensation of "feeling good?" Describe what that felt like.
- How long did it last? A moment? All day? Kept occurring as you thought about it?
- What are your opinions about helping others and your health?
- Are you: . . . male . . . female . . . married . . . single . . . widowed . . . divorced? How old? Number of children at home?

# TESTING FOR RADON

## HOW DANGEROUS RADIATION SNEAKS INTO OUR HOMES AND WHAT TO DO ABOUT IT

**Unhealthy levels of radon gas are being found in homes coast to coast. Fortunately, you can test for radon—and winter is the best time. In nearly every case, if a problem is found, it can be cured.**



STEVE BJORKMAN

**Radon: You can't tell it's there unless you test.**

### Getting at the source

Radon gas is all around us. It occurs naturally from the decay of uranium in rock and soil. It is radioactive and can cause lung cancer, but it is dangerous only in high concentrations. Many homes, however, tend to trap radon inside the house and allow it to build up. The Environmental Protection Agency (EPA) estimates that 8 million homes may have a radon problem. There is still much to be learned about the health risks, but you can and should test your home, and, if needed, take action.

### Testing your home

Start by obtaining the EPA booklet, "A Citizen's Guide to Radon: What It Is and What to Do About It." The booklet is available through your EPA state or regional office or write EPA Public Information Center (PM-211B), 401 M St., SW, Washington, DC 20460. Meanwhile,





call your state health department for a list of mail-order companies whose radon test kits measured up during EPA comparison testing.

There are two types of kits that can be used by homeowners. Activated charcoal detector kits cost $12–$25 and are left in place for 3–7 days. These are best used as a screening device to find out if you need more testing.

If further testing is warranted, more accurate readings can be obtained with an alpha track type detector. These cost about $20–$50 and must be left in place a month or more.

## Reading the results

After the allotted time these kits are returned to the manufacturer for analysis. This is normally included in the initial cost of the kit. When your mail-order test results return, check the readings against the EPA's action guidelines. Recommendations range from "do nothing," to more testing, to sealing the house against radon.

If you do have a problem, your next source of information should be the EPA booklet, "Radon Reduction Methods: A Homeowner's Guide." It explains strategies and costs for eliminating radon. While do-it-yourselfers can handle some of the basics, hiring a contractor with radon reduction experience may be necessary.

## Getting rid of radon

For low radon levels, solutions involve covering or sealing radon entry points. These include areas of exposed earth in crawl spaces or basements, cracks or joints in basement walls and floors, open sumps, floor drains, and plumbing penetrations.

Improved ventilation, especially in tightly sealed homes, helps reduce but does not eliminate radon. You may want to look into adding an air-to-air heat exchanger, an electrostatic air filter, or both. In addition to cutting down on radon, these devices also reduce other forms of indoor air pollution.

Homes with high levels of radon may need more extensive treatments. Several schemes use small fans to pull radon gas out from under a slab, from within a concrete block wall, or from around a foundation. These solutions can range in cost from $1,000 up.

If you are planning to build a new house, contact the EPA for their booklet "Radon Reduction in New Construction." Planning for the possibility of radon problems before you build could save you money later.

## Guidelines for new homes

Sealing up the common radon entry paths still ranks as the least expensive and most sensible first step. But, because new houses shrink and shift, radon may eventually find a way in. For around $400 you can have pipes placed under your basement or crawl space before construction starts. Once the house is built, any radon problems that do crop up can be eliminated by connecting a fan to these pipes.



Phenylpropanolamine hydrochloride is the active ingredient in most popular diet aids. It suppresses your appetite. It's a drug.

Fiber is the main ingredient in Fibre Trim.® It helps you control your appetite naturally. It isn't a drug.

Fibre Trim is natural food fiber, from citrus and grain, in a tablet. It has no stimulants. No drugs.

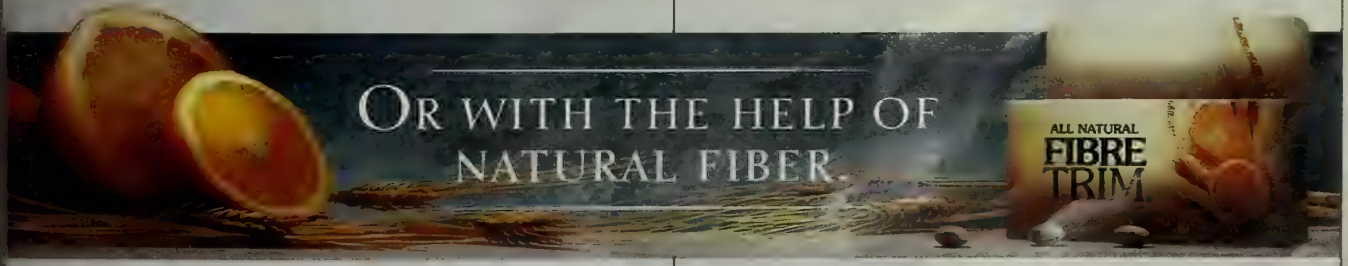
And none of the side effects sometimes associated with diet aids that do.

Take it before meals, and the fiber helps fill you up, so you're satisfied with less food. And when you eat less, you lose weight.

It's not magic, of course. But if you make Fibre Trim part of a sensible diet plan, one that includes eating the right foods and exercise, you will lose weight.

And you will lose it gradually, and safely. (Something Europeans have known for years.)

And that's the best way to lose weight permanently.




FIBRE TRIM. THE EUROPEAN WAY TO SLIM.

# FUN FOR KIDS!

## TWO GREAT PROJECTS YOU CAN BUILD

By Gregory D. Cook

**Our Fun-House Mirror (*right*) and Kids' Art Easel (*page 86*) will bring smiles all around when you unveil them in front of the little ones. We built and kid-tested both projects, so we know they're winners! Put yours together in a weekend or two.**

## FUN-HOUSE MIRROR

This miniature version of an amusement park mirror is easy to build, and your kids (or grandkids) will love how funny it makes them look!

The project consists of an outer box of 1×6-inch pine and inner pieces jigsawed in curves that sandwich a ⅛-inch-thick sheet of mirrored acrylic. We trimmed the front with 1×2-inch clear white pine and closed in the back with hardboard.

Build the outer framework first. Clamp together the inner sidepieces and cut them in two, following a wavy line. Attach these flush with the front, and add the trim. Prime and paint all surfaces. Fit in the "mirror" from the back, add the rear sides of the sandwich, and install the back.

### WHAT TO BUY/ HOW MUCH IT COSTS

| | |
|---|---|
| 2—1″×6″×12′ | $10 |
| 1—1″×2″×12′ | $3 |
| 1—24″×48″×⅛″ hardboard | $2 |
| 1—16″×48″×⅛″ mirrored acrylic | $33 |
| Plus paint, nails, and glue | |
| **TOTAL COST: about $60** | |

**To order Project Plan No. 50715 for the Fun-House Mirror and the Kids' Art Easel, send check or money order for $6.95 to: Better Homes and Gardens Reader Service, Department 22H, Box 374, Des Moines, IA 50336.**

**For Kids' Art Easel project, see page 86.**

*continued on page 86*



PHOTOGRAPH: PERRY STRUSE. DESIGN: DAVID ASHE

**"Look at me!" Yuck it up with the kids when you build our Fun-House Mirror.**



# Don't make your baby grow up too soon.

**Table food isn't made especially to give babies what they need, but Gerber® Junior Food is.**

Because babies grow so rapidly their first year, it is important for them to eat foods rich in the nutrients needed for growth. That's where Gerber Junior Foods come in.

**Every spoonful counts.**

Calorie per calorie, Gerber Junior Foods are richer in nutrients than many comparable table foods. That means with Junior Foods your baby receives the needed nutrients without overeating.

**No added salt.**

You can forget concerns about the salt in table foods, because Gerber Junior Foods contain no added salt whatsoever.*

**Variety counts too.**

Experts agree variety is important to nutrition, and different foods keep baby from getting bored at mealtime. Gerber prepares such a wide variety of nourishing foods for the first and second year, you'll never need to use table foods before your baby is ready.

**The table foods fed to infants in a recent study contained more than 8 times as much sodium, ounce for ounce, as Junior Foods.*






**Gerber**®

*Babies are our business... and have been for over 50 years.*

Gerber Products Company, Fremont, MI 49412

*Any questions?*
*Call 1-800-4-GERBER*

Because your baby is still a baby.

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*continued from page 84*

## KIDS' ART EASEL

The kids in your life will love having their very own easel. Our design features lots of storage for art supplies. You can stock large containers in the lower cabinet, paper behind the easel front, and paint jars in a plastic bin stored behind the fold-down shelf.

The project is a plywood box with one fixed shelf, two doors, and one fold-down shelf. Tools needed include a hammer, circular saw, measuring tape, nail set, and painting supplies.

To begin, lay out the various parts on a sheet of ¾-inch plywood. Cut out the sides, back, bottom, and top of the box. Making sure the good face of the plywood shows to the outside, glue and nail these parts together. Then, miter the top and bottom of the easel piece, and glue and nail this to the box and attach the 1½-inch strip to the front.

Measure the box for the size of the shelf, fold-down door, and cabinet doors and cut these from the remaining plywood. Glue and nail the shelf in, and attach a small block to the underside of the shelf for the magnetic catches. Set the fold-down shelf and cabinet doors aside for priming and painting.

Countersink the nails with a nail set and fill the holes with wood putty. Sand, prime, and paint. When the paint is dry, hang the fold-down shelf and cabinet doors with butt hinges and attach the magnetic catches.



PERRY STRUSE

**The fold-down door supports a plastic bin for paints.**

### WHAT TO BUY/ HOW MUCH IT COSTS

| | |
|---|---|
| 1 sheet 4′×8′×¾″ AB fir plywood | $26 |
| 3 magnetic catches | $1.65 |
| 3 pairs 1½″ butt hinges with screws | $4.50 |
| Plus paint, nails, and glue | |
| **TOTAL COST: about $44** | |

**To order Project Plan No. 50715 for the Fun House Mirror and the Kids' Art Easel, send check or money order for $6.95 to: Better Homes and Gardens Reader Service, Department 22H, Box 374, Des Moines, IA 50336.**

**For Fun House Mirror project, see page 84.**



# NOAH'S ARK



A unique collection of original sculptures in hand-painted bisque porcelain — displayed in their own wooden ark.

Collecting salt and pepper shakers is an American tradition. But the most unique and delightful collection in years is *Noah's Ark*, created by the famous porcelain artist Jonathan Goode.

On the ark, penguins act amorous. Giraffes go neck n' neck. Chimps cuddle up. Bunnies steal a kiss. And hippos make hay! Twelve courting couples — 24 original designs in bisque porcelain. And a *handsome wooden ark* to display them in your home.

Each sculpture is *painted by hand* to capture every feather, every tuft. The detail is remarkable. The stripes on the tigers. The spots on the frogs. The yellow buttercup held by the chimp. Yet each imported sculpture is just $14.50. And the ark is included. Available *only* from The Franklin Mint; not sold in stores. Start collecting them two by two. Mail your order by February 29, 1988.

Approximately actual size.



© 1988 FM

Please mail by February 29, 1988.

The Franklin Mint
Franklin Center, Pennsylvania 19091

Please enter my order for the Noah's Ark Salt and Pepper Animals Collection, to be crafted in fine bisque porcelain and hand-painted expressly for me. A handsome wooden ark for display will be provided.

I need send no money now. My sculptures will be sent to me at the rate of *two* per month and I will be billed $14.50* per sculpture, in advance of shipment.

*Plus my state sales tax and 50¢ for shipping and handling.

SIGNATURE _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

MR/MRS/MISS _____
PLEASE PRINT CLEARLY

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CITY _____

STATE/ZIP _____

11595-25

## Porcelain Salt and Pepper Collection from The Franklin Mint.

# GARDENER'S LOG

By Douglas A. Jimerson and Jane Austin McKeon

## ENJOY FOOLPROOF FLOWER BEDS

*A step-by-step guide*




**Our video shows you how.**

*Better Homes and Gardens® Foolproof Flower Beds* video shows you how simple it is to plan, plant, and maintain the garden of your dreams.

From preparing raised beds to dividing and fertilizing your favorite perennials this new video is packed with the latest garden-tested tips and techniques.

To order your own copy of *Foolproof Flower Beds* with a major credit card, call toll-free 1-800/678-2672. Or, send check or money order for $21.85 ($19.95 for the video plus $1.90 for shipping) to: Better Homes and Gardens, Dept. 6AD, Box 374, Des Moines, IA 50336. Please specify No. 23503.



PHOTOGRAPH: KARLIS GRANTS FIELD EDITOR: CATHY HOWARD

**The old-time varieties are back.**

## THE ROMANCE OF ROSES

*Order now for spring planting*

Gardeners everywhere are rediscovering the classic beauty and sweet perfumes of old-fashioned roses. These versatile plants are adaptable to a variety of landscaping situations. If there isn't space for a rose bed, old roses can mingle with perennials or annuals. Sprawling varieties form good ground covers and shrubby types make perfect hedges. Climbing roses will cover trellises, ramble up posts, camouflage tree stumps, or spill over the tops of stone walls.

To obtain old-fashioned roses, write to the following mail-order companies: Roses of Yesterday and Today, Brown's Valley Road, Watsonville, CA 95076; Wayside Gardens, Hodges, SC 29695-0001; Pickering Nurseries, 670 Kingston Rd., Pickering, Ontario, L1V 1A6, Canada.

## WORRY-FREE WEED CONTROL

*A nontoxic herbicide*




**Safe for people and pets.**

TopGun is a new contact herbicide from Safer that destroys weeds without leaving harmful residues in the soil. It's biodegradable and nontoxic to people and pets. Look for TopGun at your local nursery, garden center, or greenhouse. Or, write: Safer Inc., 60 William St., Wellesley, MA 02181.

### GARDEN TIP

Check your stored dahlia tubers this month. If the tubers appear shriveled, mist them with water. On the other hand, if the tubers are starting to decay, remove them and store under drier conditions. Throw away rotting tubers.

## READER MAILBOX

Do you have any gardening tips and techniques that you'd like to share with our editors and *Better Homes and Gardens* readers? Mail your garden-tested tips and photographs (color slides preferred) to Gardener's Log, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. We will pay $25 for each idea published. No materials will be acknowledged and we reserve the right to edit copy. If your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as the corporation wishes. We do not accept previously published ideas. BH&G





# MAKE VALENTINE'S DAY EVEN SWEETER. WITH BEST FOODS.



## BEST FOODS CHOCOLATE SENSATION

You're only a cup away from a richer, moister chocolate cake with Best Foods® Real Mayonnaise.




1 package chocolate cake mix
(with pudding in the mix)
1 cup Best Foods Real Mayonnaise
1 cup water
3 eggs

Grease and flour two 9-inch layer cake pans. In large bowl with mixer at low speed blend all ingredients 30 seconds. Beat at medium speed 2 minutes or 300 strokes by hand. Pour into prepared pans. Bake in 350°F oven 30 to 35 minutes or until cake springs back when touched lightly in center. Cool in pans 10 minutes. Remove: cool on wire racks. Fill and frost as desired. **To prepare cake without pudding in the mix, reduce mayonnaise to ½ cup and increase water to 1⅓ cups.**

**For The Best Of Times, Bring Out The Best.**

© 1988 Best Foods CPC International Inc.

# There's a secret to creating extraordinary chicken




NEW PRODUCTS

# JUST OUT!

By Tom Jackson and Nancy Hall

## IDEAS FOR HOME AND FAMILY

**•ABOUT THESE PRODUCTS•**

Check your favorite stores for these new and helpful products, or write to the manufacturer for a list of retail sources near you. Please don't send a check or request an order form from the company. The suggested retail prices listed may vary by store and area of the country.

### GO-ANYWHERE CAMERA

*Takes photos under any conditions*

Need a good camera for bad conditions? This camera was made to withstand everything from a day at the beach to an Indiana Jones-style adventure. When rain, snow, or blowing sand or dust might force you to cover up a regular camera, the Minolta Weathermatic Dual 35 will continue to operate. Its tight-sealing O-rings will even allow you to take photos underwater.



PERRY STRUSE

**Take on the elements with this weather- and watertight automatic camera.**

If the action gets fast and furious, the rubber grips and high-visibility yellow color make the camera hard to lose. A dual lens system allows for regular and closeup photos. When those fleeting moments of adventure pop up, the autofocus, automatic exposure, and automatic flash eliminate the hesitation and guesswork of setting focus, shutter speeds, and f-stops.

Weathermatic Dual 35, about $285. Minolta Corp., 101 Williams Dr., Ramsey, NJ 07446.

lishes.



But this is all you need to know.

When you prepare chicken, fish and lighter foods with Lea & Perrins White Wine Worcestershire Sauce, you can unlock the secret to truly extraordinary dishes.

Its exquisite blend of white wine and the choicest herbs and spices adds a delicate, yet distinctive flavor to lighter foods.

Lea & Perrins, makers of original Worcestershire for hearty foods, now brings you Lea & Perrins White Wine Worcestershire for lighter foods.




Golden Honey-Glazed Chicken

3½–4 lb. chicken, cut up
½ cup Lea & Perrins White Wine Worcestershire
3 Tb. honey

Preheat oven to 350°F. Rinse chicken well and pat dry. Place on a rack in a shallow baking pan. In a mixing bowl, combine Lea & Perrins White Wine Worcestershire and honey. Coat chicken with mixture and bake 35-40 minutes, basting occasionally, until chicken is golden. Serves 4

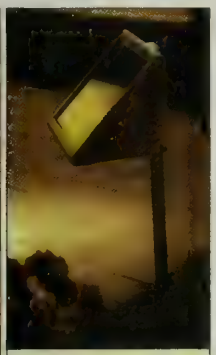
Note: Also delicious for Cornish hens and turkey.

**For a free recipe book, write to Lea & Perrins, P.O. Box 1579, Ridgely, MD 21681**

Look for our special offer in the coupon section of this issue.



Daytime



Nighttime

## SOLAR WALK LIGHT

*Photovoltaic low-voltage light*

Simply plant this walk light where it's most useful and the sun does the rest. There is no wiring, no batteries, and no installation costs. A built-in battery gets all the power it needs from a daily dose of sunlight. A photoelectric sensor turns the light on at dusk and off at dawn. Can be pole or wall mounted.

The WalkLite, about $50. Chronar Corp., P.O. Box 177, Princeton, NJ 08542.

## SMALL SAW, BIG BITE

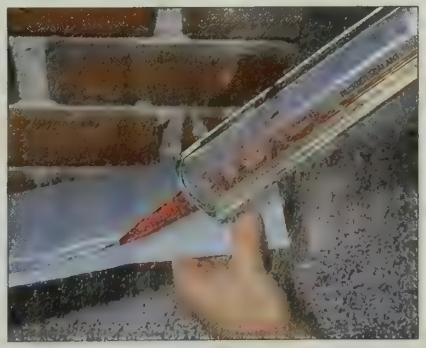
*Bevel cuts 1½-inch lumber*

At only 8 pounds the Saw Boss can be used all day and not wear your arm out. Yet it will cut framing lumber and do nearly everything that bigger circular saws do. To enable you to see the line you cut, the motor is mounted to the left of the blade. Comes with a dust collection bag to reduce sawdust mess.

Saw Boss, about $145. Porter-Cable Corp., P.O. Box 2468, Jackson, TN 38302-2468.




**Six-inch blade cuts like bigger saws.**



**Adheres to most building materials.**

## NO-SHOW CAULK

*Paint it, or leave it clear*

When you need to caulk, but don't want it to show, try this. Lexel caulk can be painted any color or left clear—almost invisible. This see-through caulk is warranted for life, and will adhere to vinyl, wood, concrete, tile, aluminum, and glass. The clear tube lets you see how much is left.

Lexel caulk, $7. Sashco Sealants, 3900 E. 68th Ave., Commerce City, CO 80022.



# FIRST YOU FEAST YOUR EYES.

Savor the flavor of European design. Then revel in the possibilities this new line of kitchen appliances presents you.

Euroflair from Frigidaire has arrived, bringing you the finest design and craftsmanship from the continent. This new concept features convection/conventional ovens and a glass-ceramic cooktop from Switzerland. Gas and solid plate electric cooktops from Denmark. Modular refrigerators and freezers from Sweden. A dishwasher from Italy. Virtually, the very best from each nation.

To bring them to you, it took Frigidaire to bring them together. And back them with the service network for which Frigidaire is renowned.

Spiced with all the variety of Europe and perfected through the precision engineering and manufacturing of our European affiliates, this is truly a line of appliances worthy of world class kitchens.

To see just how well these appliances would complement your kitchen, send five dollars for our 28-page full color catalog. The address is: WCI Appliance Center, 300 Phillipi Road, Columbus, Ohio 43228, Attn: Euroflair Sales Manager.

Then prepare yourself for a feast that begins long before you prepare your first entree.



**Euroflair**™
*by Frigidaire*

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# Carnival Wrote the Book on Fun!

Our "Fun Ships" will take you on a 3, 4 or 7 Day cruise to the Bahamas, Caribbean or Mexican Riviera, and to all the fun you're dreaming of! Virtually everything's included in one low cruise price... eight fabulous meals and snacks a day, two different night-club shows each evening at sea, full casino gambling, 3 pools, 3 great bands and orchestras, dozens of activities, discotheque, duty-free shopping, friendly passengers, pampered service and more. With Carnival, fun is more than just a novel idea. It's the number one reason why we're The Most Popular Cruise Line in The World℠, and why our 7 "Fun Ships" sail with over 500,000 satisfied customers every year!

See your Travel Agent and watch for our commercials featuring Kathie Lee Gifford on "Good Morning America", the "Today" Show and nightly news shows.

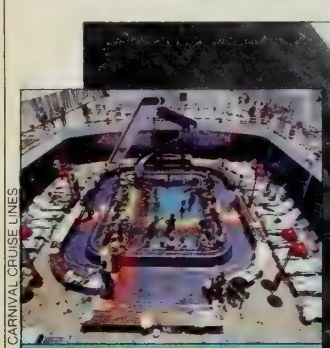
Registered in Panama and Liberia.




## Carnival Cruise Lines

THE MOST POPULAR CRUISE LINE IN THE WORLD

# TOP-RATED CRUISE SHIPS




CARNIVAL CRUISE LINES



PREMIER CRUISE LINES 1988






COURTESY OF CUNARD

**THE VISTAFJORD:** It and sistership, the *Sagafjord,* epitomize elegance afloat. The emphasis is on fine dining and attentive service. The clientele is upscale.

By Julie Rovner

**WE ASKED VETERAN CRUISE-SHIP PASSENGERS TO TELL US ABOUT THEIR FAVORITE SHIPS. THIS ARTICLE CONTINUES THE "SMART SHOPPER'S GUIDE TO CRUISES" FAMILY VACATION FEATURE THAT BEGINS ON PAGE 154.**

## PREMIER'S *STAR SHIP OCEANIC*

***Three- and four-night cruises from Port Canaveral, Florida, to Nassau and back; from $355 for cruise only, or from $540 for seven-day cruise/Disney World package.*** NOTE: ***All prices are per person, double occupancy. You can book these and other cruises through a travel agent.***

Premier, which operates the *Oceanic,* is the official cruise line of Walt Disney World. You'll meet Mickey, Minnie, and Donald at the Captain's cocktail party the second night out. But, the *Oceanic* is a lot more than something to do after you've seen the Magic Kingdom. The 1,100-passenger liner offers one of the classiest short cruises on the seas, and it's roomy enough to satisfy families who want to be together and honeymooners who want to be alone, both in a relaxed atmosphere. Many cabins sleep up to five, which can save a family the cost of having to spring for two rooms.

***Children's programs:*** As you might expect from a company tied into Disney, children's activities are extensive, with separate programs for three different age groups, plus baby-sitting services. Kids' areas are also physically removed from those for adults, so youngsters can be as active as they like without bothering other passengers.

## CARNIVAL'S *CELEBRATION*

***Seven-day cruises from Miami, from $995 (includes airfare).***

Stroll the *Celebration's* wide promenade with its sidewalk cafes. You'll see why this ship is a destination in itself. "With all there is to do on board, the Caribbean ports are thrown in like green stamps," laughed a Carnival spokesman. The *Celebration* is definitely not for the champagne-and-caviar crowd, although you'll likely find both delicacies aboard. The atmosphere is more casual than elegant, the crowd is younger than on many ships, and the emphasis is on sports, parties, and shows. The *Celebration* keeps passengers so busy that the regular midnight buffet is repeated at 1:30 a.m. (if you stay up too late, a steward will bring you breakfast in bed next morning).

As on most new ships, the *Celebration's* cabins offer ample room. Nearly all are the same size, so you can enjoy the roominess and save money by choosing a cabin that's either on the inside or toward the bow or stern. Regular cabins feature twin berths that you can join for a king-size bed.

***Children's programs:*** Daily supervised activities include kite flying, "Coketail" parties, dances, and a get-together with the ship's captain.

*continued on page Z5*

*—Julie Rovner, a Washington, D.C., political reporter, has had a long-time love affair with the ocean.*

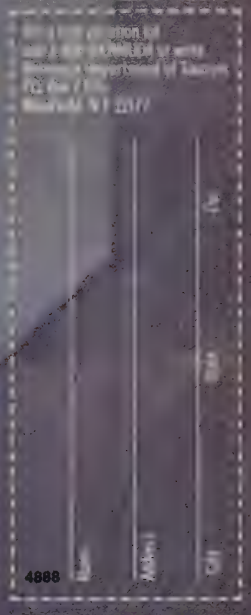


## PORTRAIT OF AN ISLAND

This is the face of Bermuda. Caring, warm and true. Our open hearted, gentle people are this special island's greatest gift. It's the graciousness of generations that make Bermuda what it is.

Call your travel agent or:

1-800-BERMUDA




BERMUDA IS YOU. ISN'T IT?




# When it comes to variety, Lean Cuisine has an unfair advantage... Stouffer's good cooking.

**(Multiplied twenty-eight times)**

Choices and more choices. Lean Cuisine now gives you 28 deliciously different entrees with something no other light entree line in the world can hope to match. Stouffer's good cooking.

The Lean Cuisine advantage. Taste it for yourself!

*More Satisfaction*

LEAN CUISINE ENTREES. ONLY FROM STOUFFER'S.

*continued from page Z2*

### ▶ CUNARD'S *SAGAFJORD*

***Sail from 10 to 32 days in Alaska, through the Panama Canal, or in New England and Canada; from $1,840 for 10 days.***

The *Sagafjord* is the Cadillac of cruise ships. Renowned for its attentive service, its gourmet food, and its elegant style, the ship caters to an upper-crust clientele, as well as those willing



HOLLAND AMERICA LINE

**THE NIEUW AMSTERDAM:** Cruising at a slower, more stately pace.

to spend a little extra to see how the other half lives. You won't find glitzy shows or rock and roll dancing into the the wee hours on this ship. The *Sagafjord's* 588 passengers dress formally for dinner. Meals tend to be stately, unhurried affairs, because the ship accommodates all passengers in one sitting.

You'll find dozens of extras not available on other cruise ships. The Golden Door spa—for those who need to work off mealtime indulgences—features indoor and outdoor pools, whirlpool, sauna, and a gym. Cabins are spacious and tastefully decorated in a clean, Scandinavian style. Each comes with rare shipboard amenities like full-length mirrors, bathtubs, and large closets.

***Children's programs:*** No planned activities, but kids are welcome.

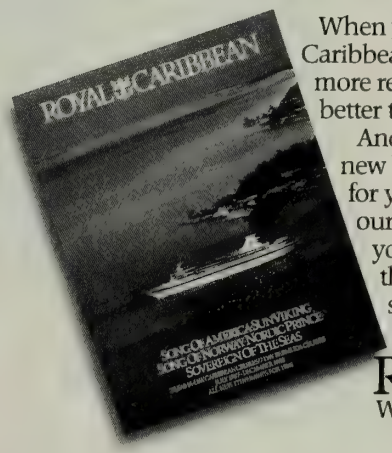
### ▶ EXPLORATION'S *MAJESTIC EXPLORER*

***Seven nights cruising French Polynesia from Tahiti; from $1,999.***

It's the ultimate fantasy: Just cruise up to a deserted South Seas beach, walk off the bow of the ship, and, presto:

*continued on page Z6*


# Why Our Sunset Is Better Than Their Sunset.




When you see the sun setting from a Royal Caribbean ship, you're in a better mood. You're more relaxed. Because we start treating you better the moment you step aboard.

And now you can read all about it in our new brochure. So use the coupon and send for your free copy. You'll find out all about our seven, eight and ten day cruises. And you'll find out something else. That even though it's the same sun setting on the same sea, when you're on a Royal Caribbean cruise, it's just better.

ROYAL CARIBBEAN
When you're ready for something better.

*Name* _____

*Address* _____

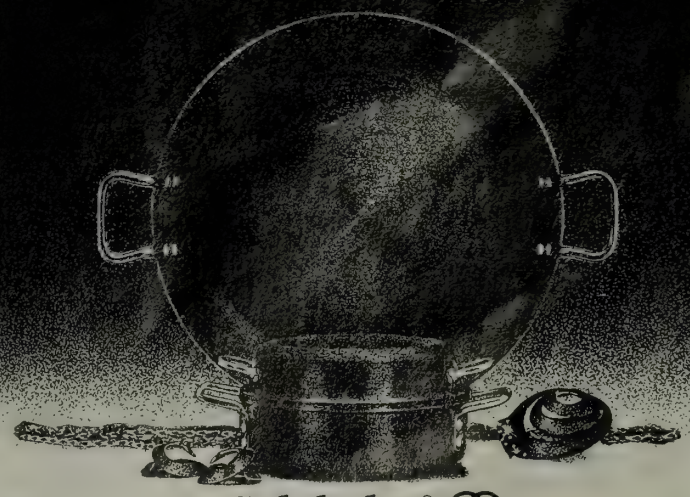
*City* _____ *State* _____ *Zip* _____

*Song of Norway, Sun Viking, Nordic Prince, Song of America, Sovereign of the Seas. Ships of Norwegian registry.*
*See your travel agent or send this coupon to: Royal Caribbean Cruise Line, P.O. Box 523317, Miami, FL 33152*



## Create your masterpiece with ours.

These classic vessels combine the hardness of a gemstone, the craftsmanship of a professional and the satisfaction of artistic triumph. This is Calphalon.



**Calphalon®**

**Built to be the last cookware you'll ever buy.**

jewelry by J. Kiechel ©

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*7-Day Summer Cruises*

# Harbor Hopping In New England

Spend 7 carefree days harbor hopping the New England Islands. Experience the history and charm of **Nantucket**, explore elegant **Newport**, cruise **Cape Cod Canal**, and relive the rich and varied cultures of **Mystic**, **Block Island** and the **Connecticut River**.

Aboard American Cruise Lines' *M/V SAVANNAH*, enjoy our expert guest series while being pampered with fine American cuisine, huge staterooms, numerous sundecks and lounges.

It's a warm, intimate atmosphere with the finest personalized service from our friendly American crews. Departures every Saturday June through September 1988.



## Act Now!

Reserve your New England Isles Cruise before February 15 , 1988 and receive special reduced air fare. For more information and reservations call American Cruise Lines toll-free 1-800-243-6755 or contact your travel agent.

Certain Restrictions Apply

AMERICAN CRUISE LINES INC.

HADL

Please tell me more about your New England Isles Cruises!

Name: _____

Address: _____

City: _____ State _____ Zip: _____

Phone: _____ BH SNE

## CRUISE SHIPS

*continued from page Z5*



CARNIVAL CRUISE LINES



ECL PHOTO BY BOB SPRING

**BIG SHIPS:** Amenities to match every interest. The ship, not its itinerary, is the main attraction.

**SMALL SHIPS:** Sail off to unusual ports.

Paradise. You can do just that with the mini-cruiser *Majestic Explorer,* which will take you about as close to island life as you can get in one week's time.

The highlight on this cruise is not the ship, but the destinations. That's because unlike most cruise lines, shore excursions are included in the price.

If you think a cruise should be days filled with shuffleboard and tropical drinks, this is definitely not the ship for you. But if you like the idea of striking off by yourself to explore a tropical lagoon, snorkeling off the coast of a deserted island, or indulging in a traditional Tahitian feast by torchlight, you'll fit right in.

***Children's programs:*** No planned activities; kids join all adult programs.

### HOLLAND AMERICA'S *NIEUW AMSTERDAM*

***Seven-night cruises in the western Caribbean, through the Panama Canal, and to Alaska and back; from $1,195 per person.***

The 1,200-plus passenger *Nieuw Amsterdam* is for those who like their cruises a bit more subdued, and who won't be made nervous by the $1 million worth of antiques sharing the ship. While the *Nieuw Amsterdam* offers all the standard extras you'd expect on a ship in this class—first-run movies, live entertainment, closed-circuit TV, and all the excellent food you can eat—passengers rate it highly because it has so many quiet spots to which you can slip away for an afternoon of relaxation.

***Children's programs:*** Youth counselors join the crew for popular Christmas cruises and other selected sailings. Other times, the crew will plan special activities if a sufficient number of children are aboard.

### SITMAR'S *FAIRWIND*

***Take off on 10- and 14-day cruises through the Panama Canal, or 10-day cruises in the Caribbean; from $1,765 for the 10-day Panama Canal cruise; from $1,545 for the 10-day Caribbean cruise.***

No matter where you sail aboard the *Fairwind,* you'll experience a little piece of Italy, right down to the onboard pizzeria. This is one ship that appeals to young and old, singles and couples, those who want to be active and those who just want to watch the scenery float by. What passengers share is a love of hearty Italian food. Pastas are a specialty here, as are the homemade ice-cream stands, and the mountain-size tasting buffets. If you eat too much, never fear: The line's "cruisercise" program pays you in gift certificates each time you work out.

The *Fairwind* is one of the last steam-turbine-powered ships, which makes it run quieter than diesel liners. That means you can save money by booking a lower-deck cabin without dealing with the noise that goes with those less desirable berths.

***Children's programs:*** No special programs, but kids are welcome.



# THE SPACE-O-NOM-I-CAL KITCHEN.

Merillat's Space-o-nom-i-cal Kitchen features many optional accessories that organize space, giving you a stylish, efficient and economically priced kitchen.

For instance, our pantries can store up to 32 cubic feet of groceries, while our popular base cabinet roll-out trays, standard in most lines, make it easier to store and retrieve items. The drawer organizer keeps silverware tidy, and the sharpest knives are safely stored in a cutlery drawer, complete with cutting board.

You'll have space for pots and other large articles in our full-width roll-out trays. Often-used items are close at hand in your lazy Susan cabinet, and Merillat's appliance garages, which can be sized to fit, hide appliances to give you a clean, orderly-looking kitchen.

Plus, quality features like our easy-care laminated vinyl interiors and the exclusive Merillat WhisperGlide® roller drawer guide system add to the value and convenience of your kitchen.

Take the first step to a Space-o-nom-i-cal kitchen today. Send $5 for Merillat's Kitchen Design & Planning Kit, which includes innovative storage ideas and tips on designing, planning and decorating your kitchen.

*Mail to:*
Merillat's $5 Kitchen Design & Planning Kit
Merillat Industries, Inc., P.O. Box 1946
Adrian, Michigan 49221

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP CODE _____

PHONE ( ) _____

I ENCLOSE $5 ☐ CHECK ☐ MONEY ORDER

BHGSS2/88

*Call Toll-Free,*
***1-800-624-1250***
*to find out where to buy Merillat cabinetry.*



Merillat
AMERICA'S CABINETMAKER™

# Lenox.



Because art is never an extravagance.

Lenox China and Crystal

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# 8 PRIZEWINNING NEW HOUSES

## NEW TRENDS, NEW STYLES, NEW IDEAS

By Joan McCloskey and Barbara A. Lewis

National Association of Home Builders
Better Homes and Gardens
Professional Builder

BEST IN AMERICAN LIVING A·W·A·R·D

**Elegant styling and lots of amenities—that is what you'll get for your money when you buy a new home today. As the cost of land continues to rise, creative builders are devising new ways to pack more house onto a smaller site.**

**These eight homes took grand prizes in a recent contest sponsored jointly by *Better Homes and Gardens*, the National Association of Home Builders, and *Professional Builder* magazine.**

Prizewinner

## MISSION CONTEMPORARY



TRENDS
- Sculptural forms
- Colorful exterior

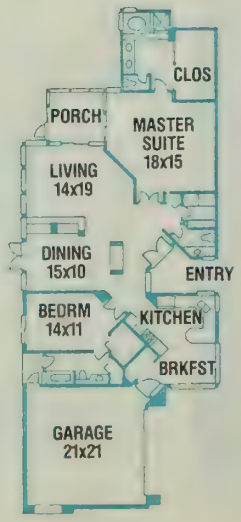
Eyebrow boxing enlivens an updated Palladian window.



Three-way fireplace sheds warmth all around.

Aqua mullions and window trim and a Spanish tile roof spark gleaming white stucco with welcome color. The richly sculptured exterior gives a sense of the impressive living areas that lie beyond the recessed entry.

Situated in Lake Mary, Florida, this 1,745 square footer sells for $179,900.




Project: Devon Green at Heathrow. Design: Charlan, Brock & Assoc. Interiors: Brooks Interiors. Builder: Heathrow Land Development. Photographs: Peter Burg, Burg Photographix

**WHAT MAKES THIS HOUSE A WINNER**
- Zero lot line plan maximizes living space.
- The entry is set on an angle for longer views.

BEST IN AMERICAN LIVING A·W·A·R·D

Prizewinner

# INFILLED OASIS

When the developer of this posh condominium complex found a passed-over site in a prime location, he took advantage of its oddball shape to create an island of calm in the middle of the city. The result is immediately intriguing. Stacking 19 units in a three-story complex left room for a heavily landscaped entry plaza that is enjoyed by all.

One of the larger units in the Pacific Palisades, California, development, this 2,500 square-foot condominium is priced at approximately $575,000.

## WHAT MAKES THIS HOUSE A WINNER

- Excellent site planning concentrates housing, preserving a narrow corridor of shared open space.
- Towering palms and lush plantings adorn the main plaza.
- Plastered walls, arched doorways, and tile roofs impart a flavor that is distinctly Mediterranean.
- The open floor plan makes good use of limited space.



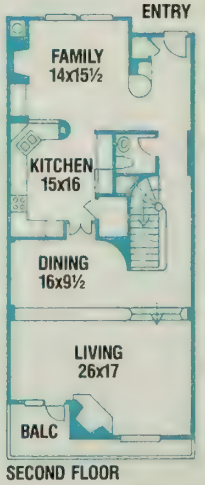
Each unit has an entry courtyard that branches from or overlooks the main plaza.



A high security wall keeps the noise and congestion of the urban world at bay.




FIRST FLOOR




SECOND FLOOR



Heavy granite counters complement the Eurostyle kitchen.

Project: The Sunset Condominiums. Design: Randy Washington, VCA/The Randy Washington Group. Site plan: Roger Presburger, L.A. Group. Interiors: Beverly Trupp, Color Design Art. Builder: J&B Home Venture. Photographs: Glen Allison

BEST IN AMERICAN LIVING A·W·A·R·D

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# GREAT ESTATE

TRENDS
- Classic symmetry
- Modern livability

Harking back to the Beverly Hills palaces built by movie stars during the '20s and '30s, this house is designed for comfortable family living as well as lavish entertaining.

The entry brings you directly into the great room, a two-story reception area at the center of the house. Downstairs, there's a smaller living room off to one side, while the kitchen and dining areas occupy a wing of their own. Upstairs, the master suite—almost a self-contained home within the home—is separate from secondary bedrooms. The two halves of the house are linked by the entry hall on the first floor and by an upstairs gallery.

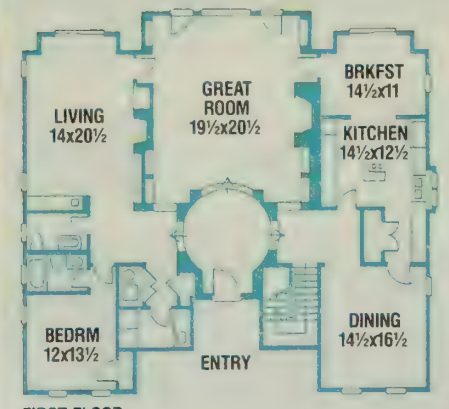
This 4,327-square-foot house is located in Calabasas Park, California. It is priced at $625,000.



A dramatic sweep of windows punctuates the western face of the house.



A circular entry steps down to the vaulted great room.




FIRST FLOOR




SECOND FLOOR



The white-on-white scheme recalls the glory days of Hollywood.

**WHAT MAKES THIS HOUSE A WINNER**

- Architectural detailing imparts manor-house impact.
- The floor plan is zoned for clear separation of formal and informal living areas.
- Heating and cooling are zoned so that conditioned air is not wasted on unoccupied space.
- Double-framed walls and a pale exterior keep the inside cool.

Project: Westridge. Design: William R. Pauli and Alan S Caro, William R. Pauli Architects. Site plan: Roger Presburger. Interiors: Beverly Trupp, Color Design Art. Builder: Harlan Lee & Associates/The Anden Group. Photographs: Robb Miller Photogprahy

BEST IN AMERICAN LIVING A·W·A·R·D

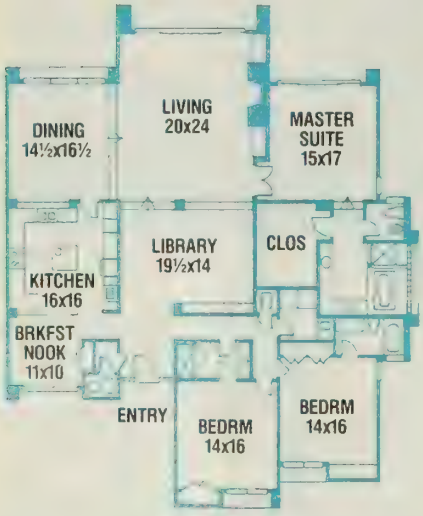
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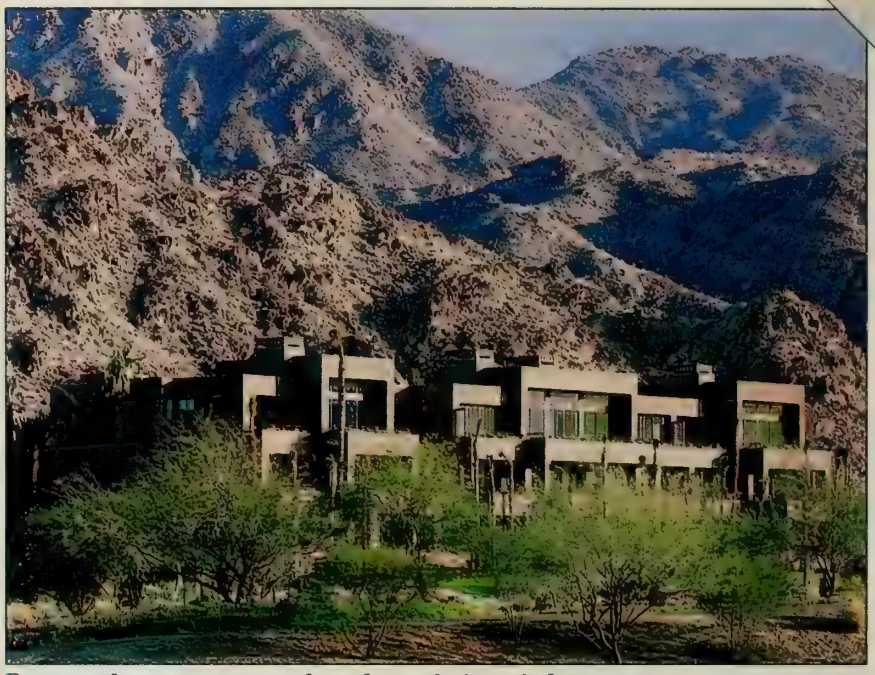
# TERRACED TOWN HOMES

TRENDS
- Elegant hideaway
- All-out views

Reflecting the steep pitch of the Santa Rosa Mountains, the town homes in this exclusive complex are arranged on three distinct levels overlooking two 18-hole golf courses. Versatile floor plans work as well for entertaining as they do for relaxed vacation living.

Situated near Indian Wells, California, the 3,170-square-foot unit here sells for $995,000.



**Deep overhangs protect south- and west-facing windows.**

Project: The Terraces at the Vintage Club. Design: McLarand, Vasquez & Partners, Inc. Interiors: Erickson Interiors. Builder: Lowe Terraces, Inc. Photographs: Ronald Moore & Assoc.



**Mirrored walls make the already elegant bath seem even grander.**



**Every unit commands a panoramic view of the desert.**

## WHAT MAKES THIS HOUSE A WINNER

- Each of the 54 town homes is unique; no two floor plans are alike.
- Amenities include 15-foot ceilings, sliding glass doors, operable skylights, and generous patios for indoor/outdoor living.
- Interiors are elegantly finished with oak, marble, and granite.

BEST IN AMERICAN LIVING A·W·A·R·D

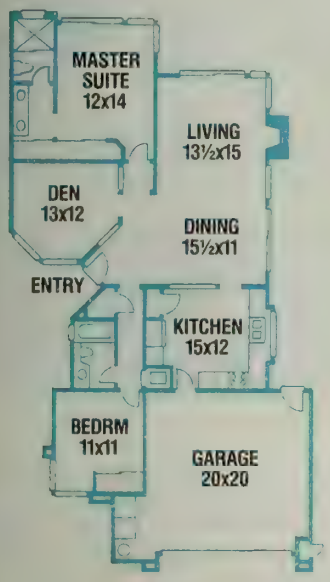
Prizewinner

# MEDITERRANEAN FLAVOR

**TRENDS**
- High-density development
- Inside, a spacious feeling

Innovative site planning is the secret behind the appeal of this small but very livable house. Making excellent use of a narrow site, the Z-shape lot allows for a 10-foot side yard and a private-entry courtyard.

The price for this 1,316-square-foot house, located in Irvine, California, is approximately $210,000.






**Pastel stucco, clay tile roofs, and jade green accents on the wrought-iron gates create a striking first impression.**

Project: Westpark Promenade. Design: Walter J. Richardson, FAIA, Richardson Nagy Martin. Interiors: Jeff Benedict, Saddleback Interiors. Builder: Jim Peters Photographs: John Bare & Assoc.



**A sunny eat-in kitchen borrows space from the dining room beyond.**



**Interior windows and plant shelves atop angled walls spark the open plan. The spacious living room features a wood-burning fireplace.**

## WHAT MAKES THIS HOUSE A WINNER

- Colorful exterior lends snap to the neighborhood.
- Placed on the diagonal, the entry commands a long view through the living areas to the patio.
- High ceilings and extensive use of glass make small rooms feel more spacious.
- Jogs in the floor plan open the interior to the backyard.

BEST IN AMERICAN LIVING A·W·A·R·D

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# STREETSCAPE IMPACT

TRENDS
- Wide and shallow site pla
- Impressive appearance



Contemporary Mediterranean features include a tile roof and warm-toned stucco.



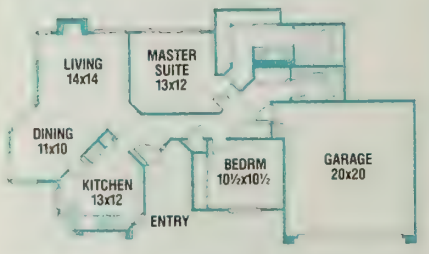
Vaulted ceilings and an open plan stretch interior volumes.

Project: Summerwind at Desert Harbor. Design: Loren G. Smets, AIA, The Smets Architectural Group, Inc. Interiors: Dixie Lovejoy, Apple Interiors. Builder: Jess Rae Booth. Photographs: Lance Gordon Architectural Photography

As land becomes an ever more costly factor in today's new housing equation, getting more house on smaller lots has become the name of the game.

Most small houses are long and narrow, creating a streetscape of row after row of garages. By turning the same basic shape "sideways," this builder made his houses appear to be much larger than they actually are, also improving the look of the neighborhood.

This 1,160-square-foot house in Peoria, Arizona, sells for $82,900.




Angled walls create a pleasing flow of space in this open floor plan.

## WHAT MAKES THIS HOUSE A WINNER

- This modest home has the curb appeal of a house twice the size. The neighborhood also benefits from the "wide and shallow" platting.
- Instead of platting lots that are narrow and deep, this creative builder drew up wide and shallow building sites, positioning all homes in the development so they present their longest and most impressive dimension to the street.
- A trellised patio off the dining room and a larger one extending into the backyard provide plenty of outdoor living space.
- Energy-efficient appliances, excellent insulation features, and passive cooling strategies ensure low heating and cooling costs.

**FOR BUYING INFORMATION, SEE PAGE 142.**

Illustrations: Carson Ode

BEST IN AMERICAN LIVING A·W·A·R·D

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# OCEANSIDE ELEGANCE

**TRENDS**
- Indoor/outdoor connections
- Year-round vacation home

Combining indoor and outdoor living, this 9,500 square-foot private residence in Laguna Beach, California, steps down in four levels to the beach. The structure dramatizes ocean vistas.

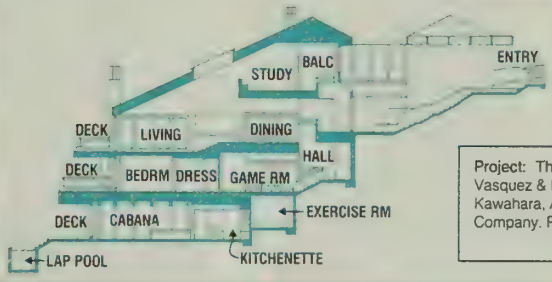


**WHAT MAKES THIS HOUSE A WINNER**
- The house is laid out to capture 180-degree ocean views.
- Gentle curves and eased-edge corner treatments "soften" the all-plaster interior.



**▶Decks on three levels take full advantage of the beautiful site.**

**◀A barrel skylight over the entry opens the space with light.**




Project: The Baldwin Residence. Design: McLarand, Vasquez & Partners, Inc. Interiors: Leslie Kramer and Jim Kawahara, AIA, Kawahara & Assoc. Builder: The Baldwin Company. Photographs: Mark Milroy, Milroy/McAleer

BEST IN AMERICAN LIVING A·W·A·R·D

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# UPDATED FLATIRON

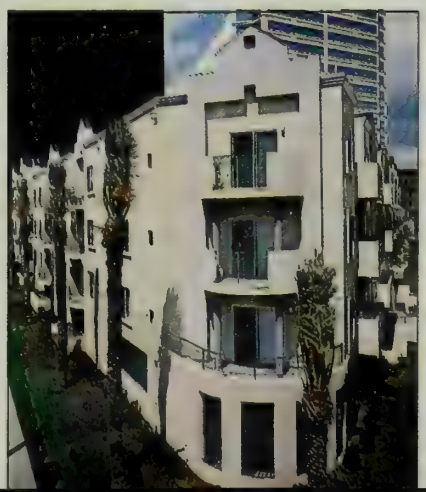
**TRENDS**
- Luxury rental apartments
- Post-modern panache



**◀Design features include custom fireplaces and mirrored wet bars.**

Project: 1245 McClellan. Design: Johannes VanTilberg & Partners, AIA. Interiors: Leslie Kramer and Jim Kawahara, AIA, Kawahara & Assoc. Builder: The Homestead Group Assoc. Photographs: Marshal Safron Studios

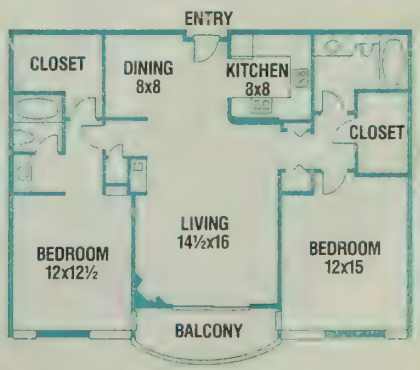
**▼The wedge-shaped building stands at a busy four-way intersection.**



This sophisticated apartment complex in downtown Los Angeles is designed for affluent young professionals who want to live in the heart of the city.

Ranging in size from 1,153 to 1,401 square feet, units rent for $1,385 to $1,800 a month.

**WHAT MAKES THIS HOUSE A WINNER**
- This project meets an emerging demand for up-scale, urban rental housing.
- Amenities include an exercise room, landscaped pool and spa area, interior courtyards, and secure parking facilities.



Better Homes and Gardens Builds

# THE ULTIMATE LIVE-IN KITCHEN

## FOR THE WAY BUSY FAMILIES WANT TO LIVE TODAY

By Dave Freedman

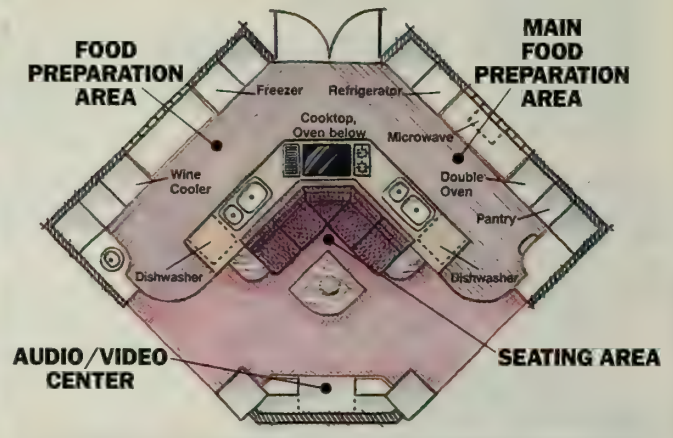
*Better Homes and Gardens*® magazine, in cooperation with The Frigidaire Company, presents the 1988 Idea Kitchen—a showcase of innovative products and elegant design.

Our live-in kitchen is truly the hub of family life. The dramatic backyard view, lots of natural light, and comfortable furnishings draw parents and children here around mealtime to catch up on each other's busy lives.



PHOTOGRAPHS: JIM HEDRICH, HEDRICH BLESSING

**SOCIABILITY.** Because the work centers and sitting area are unified, cooks can participate in the group's conversation.




**Our well-zoned floor plan accommodates multiple cooks and a cluster of family activities.**

### CREATING THE KITCHEN OF YOUR DREAMS



● *BH&G* building editor Dave Freedman (left) and architect Jack Bloodgood worked with Frigidaire to design the ultimate live-in kitchen. Their goal was to make the space streamlined, elegant, and convivial.

### OUTDOOR ACCESS

A pair of French doors opens upon a sylvan setting. The barrel-vaulted skylight adds architectural drama.

We separated the modular cooling units to preserve the room's symmetry. The refrigerator serves the main work area, with the freezer not far away.

### INVITING LAYOUT ▶

Hosts and guests inevitably congregate in the kitchen. Our boomerang island permits easy circulation, and comfortable seating makes visitors feel welcome.

Oak flooring, countertop, and trim warmly complement the sleek, white Euro-style cabinets.

**Buying information, page 142.**



# THE ULTIMATE LIVE-IN KITCHEN

## TRENDS

HERE'S WHAT'S HOT IN THE KITCHENS OF 1988:

- **Zoning for multiple cooks.** Separate workstations are outfitted for different culinary tasks.
- **Natural light.** Today's cooks covet ample windows. In our kitchen, glass-paned French doors topped with a half-round window, barrel-vaulted skylight, and grid windows behind the counters admit daylight.
- **Comfortable seating.** Our banquette and informal dining tables encourage socializing.
- **Access to the outdoors.** A pair of French doors leading to the backyard, deck, or patio is great for fair-weather partying.
- **European styling.** Our kitchen features built-in appliances, sleek cabinets with overlay doors, a monochromatic color scheme, and understated elegance.



**COMPACT WORK CORE.** For maximum efficiency, we placed the ovens, refrigerator, and sink just a few short steps from each other in the main workstation.



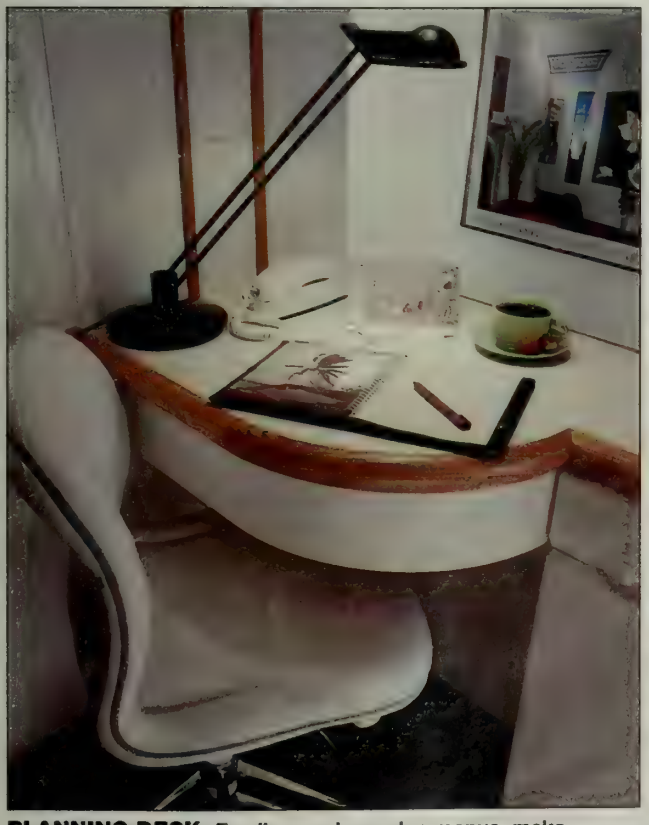
**GLIDE-OUT SHELVES AND B[illegible]S.** No problem reaching pans, cans, or other items stored at the back of these cabinets.



**SPECIAL STORAGE.** The wine cooler's two compartments allow a lower temperature setting for white wines than for red. Pullout pantry drawers and shelves are adjustable.



**ENTERTAINMENT.** Custom cabinetry houses the latest audio and video equipment, tapes and discs, and built-in speakers. The TV shelf pulls out and swivels.



**PLANNING DESK.** Family members plan menus, make appointments, and catch up on correspondence at this desk, which punctuates the end of the work area.



**BANQUETTE.** Step down from the workstations and have breakfast with the morning paper, break for an afternoon snack, watch the news, or relax with wine and cheese.

PHOTOGRAPHS: JIM HEDRICH; HEDRICH BLESSING

# FROM BOXY TO BEAUTIFUL

## THE LITTLE HOUSE THAT COULD

By Denise L. Caringer and Robert E. Dittmer



"I THINK I CAN, I THINK I CAN. . . ." Undaunted by tight, ho-hum rooms, Stephen Wendle gave his unassuming Alton, Illinois, home architectural punch with character-laden furnishings. You can do it, too. No fireplace? Try an imposing cupboard. No warmth? Take the chill off with glowing woods. No space? Fake it with a limited number of well-scaled pieces. The point: let thoughtfully chosen furniture put in what the builder left out.



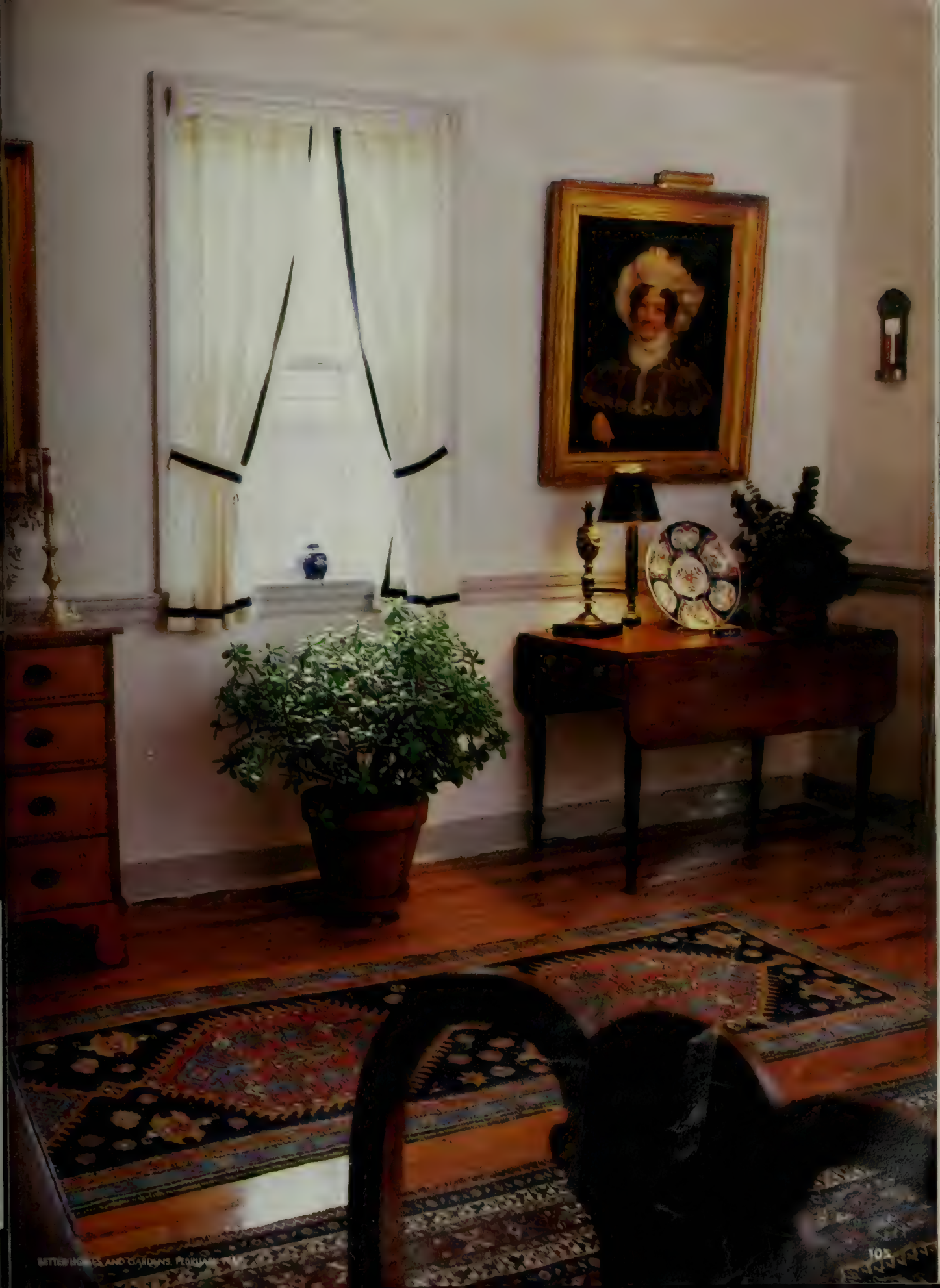
In the entry, a grand clock, antique chest, and portrait set the style.

PHOTOGRAPHS: BARBARA MARTIN; FIELD EDITOR: MARY ANNE THOMSON



### COLONIAL FURNITURE AND MOLDING CREATE THE LOOK

One room wide, the house gains surprising grandeur from traditional touches, like the new chair rail and 1820s portraits. Tab curtains, a curly maple chest, and a 19th-century Pembroke table also foster the aura of antiquity. A true antiques lover, Stephen believes in living with antiques—not merely displaying them. "I don't feel that my home is like a museum," he says. "I use my home and everything in it."

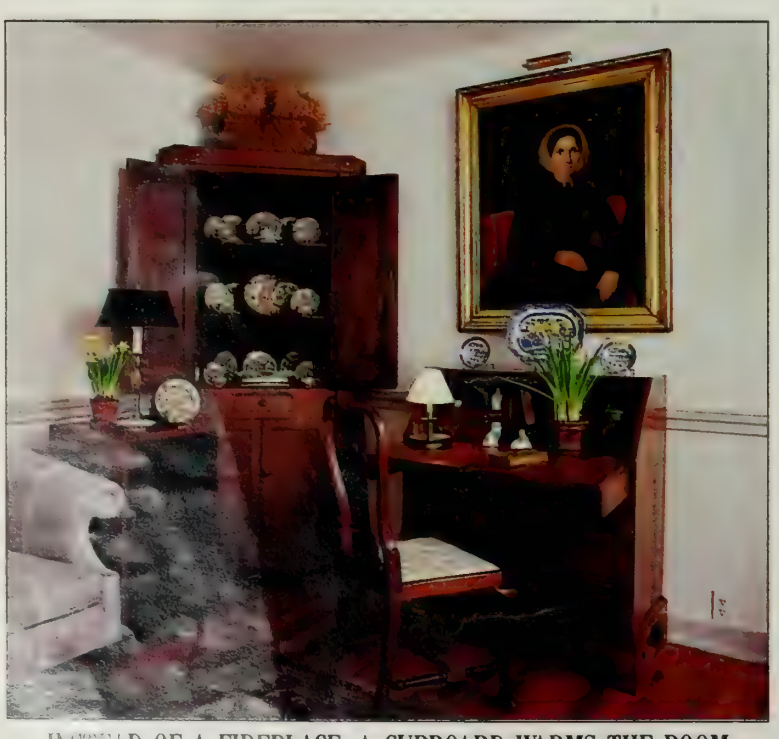


# THE LITTLE HOUSE THAT COULD



## REPRODUCTION SEATING PIECES BLEND WITH ANTIQUES

Teamed with a reproduction camelback sofa and a 1920s porringer table, a newly made wing chair replicates the past, its design fending off winter's chill as well now as in the 1800s. Speakers mellowed with antique accents serve as end tables.



## INSTEAD OF A FIREPLACE, A CUPBOARD WARMS THE ROOM

An imposing walnut cupboard from the 1800s holds antique porcelains as it lends height and architectural interest to the once-nondescript living room. An early-1800s Queen Anne desk and chair handle modern-day correspondence in time-honored style.

## HARDWORKING ANTIQUES PUT TIGHT SPACES TO WORK

Small rooms demand lofty solutions. As practical as it is riveting, a pine armoire, dated 1790, stows a dresser's worth of gear in a slice of vertical space. Similarly, a 19th-century blanket chest hugs the foot of the rope bed, offering a much-needed storage and display spot.

A flow of white walls and gray woodwork keeps the eye moving—grandly!—from room to tiny room.



# THE LITTLE HOUSE THAT COULD



## VINTAGE ACCESSORIES TRANSFORM THE PLAIN KITCHEN

Short on other display space, Stephen turned his kitchen walls into an eye-catching gallery of down-home treasures. Tin, copper, and brass accents, duck decoys, and baskets create the nostalgic, cottage charm without consuming floor space.



## WELL-SCALED ANTIQUES SERVE AS "ARCHITECTURE"

In almost every room, Stephen uses one tall piece for architectural impact and space-efficient storage. In the tiny kitchen, a painted pine step-back cupboard transforms a potentially wasted passageway, displaying dinnerware as it adds an illusion of height to the kitchen.



## TAB CURTAINS AND CANDLELIGHT RECALL THE PAST

A straightforward Shaker table, arrow-back chairs, and humble curtains give the room its tavernlike appeal. Subtle lighting enhances the look. To illuminate the table without intruding on the vintage ambience, Stephen uses candles and an electric bulb tucked discreetly inside the chandelier shade. The glow from a stoneware lamp on one wall and a picture light on the other expands and warms the room.

**Buying information, page 142.**



FAMILY FAST FAVORITES

# ORIENTAL

By Barbara Johnson



PHOTOGRAPH: MIKE DIETER. FOOD STYLIST: JANET HERWIG

## SWEET-AND-SOUR CHICKEN CHUNKS

*Five ingredients and fast! Heat the chicken in your microwave oven while you stir up the vegetable sauce, and you will have this colorful, enticing dinner on the table in 15 minutes—*

**1 cup water**
**1 cup quick-cooking rice**

• • •

**1 12-ounce package frozen, breaded chicken chunks**

• • •

**1 16-ounce can unpeeled apricot halves, drained**
**1 6-ounce package frozen pea pods**
**¾ cup bottled sweet and sour sauce**

● **In a medium saucepan bring** the 1 cup water to boiling. Stir in the rice. Remove the pan from the heat. Cover and let stand for 5 minutes.

● **Micro-cook or bake chicken chunks** according to package directions.

● **Meanwhile,** in a medium saucepan stir together the apricots, pea pods, and sweet and sour sauce; heat through (see photo, *right*).

● **To serve, spoon rice** around edge of platter. Stir chicken chunks into apricot mixture; spoon into center of rice. Makes 4 servings.



PHOTOGRAPH: SUSAN SCHELLING. FOOD STYLIST: STEVIE BASS

**Chicken in a tangy sauce: a real family pleaser!**

***Nutrition information per serving:*** *378 cal., 16 g pro., 53 g carbo., 12 g fat, 60 mg chol., 579 mg sodium, 471 mg potassium, 4 g dietary fiber. U.S. RDA: 46% vit. A, 22% vit. C, 19% thiamine, 12% riboflavin, 21% niacin, 18% iron.*



**● Heat apricot halves and pea pods in the sweet-and-sour sauce just till peas are tender, but crisp.**

# DINNERS!

*"Fast and easy, yet home cooked and wholesome. That's my favorite kind of after-work cooking."*

—Barbara Johnson



PHOTOGRAPH: MIKE DIETER FOOD STYLIST: JANET HERWIG

## PEANUT BUTTER AND PORK STIR-FRY

*Start with cut-up vegetables from your grocer's salad bar, and you can have dinner on the table in 20 minutes—*

- 2 tablespoons cooking oil
- ¾ pound lean boneless pork, thinly sliced
- 2 carrots, thinly bias sliced (1 cup)
- 1 medium red *or* green sweet pepper, cut into 1-inch pieces (1 cup)
- 1 stalk celery, thinly bias sliced (½ cup)
- 1 medium onion, sliced and separated into rings (½ cup)
- 1 15-ounce can garbanzo beans, drained
- 1 recipe Peanut Butter Sauce

● **In a wok or large skillet heat** *1 tablespoon* oil over high heat. Stir-fry pork 3 minutes or till no pink remains (see photo, *right below*). Remove the pork from the wok.

● **Add** remaining oil, carrots, pepper, celery, and onion to the wok; stir-fry for 3 minutes. Add beans; stir-fry for 1 minute or till vegetables are crisp-tender. Return the pork to the wok.

● **Stir** Peanut Butter Sauce; add to the wok. Cook and stir till mixture is thickened and bubbly. Serve at once. Makes 4 servings.

***Peanut Butter Sauce:*** Stir together 3 tablespoons *water,* 2 tablespoons *creamy peanut butter,* 2 tablespoons *soy sauce,* and 1 teaspoon *cornstarch.*



PHOTOGRAPH: SUSAN SCHELLING. FOOD STYLIST: STEVIE BASS.

**Pork and vegetables in creamy peanut sauce.**

***Nutrition information per serving:*** *371 cal., 22 g pro., 27 g carbo., 20 g fat, 43 mg chol., 1,032 mg sodium, 742 mg potassium, 9 g dietary fiber. U.S. RDA: 215% vit. A, 96% vit. C, 34% thiamine, 14% riboflavin, 23% niacin, 23% iron.*



● **To evenly cook pork, use a long-handled spatula to lift and turn the strips constantly to avoid sticking.**



**Buying information, page 142.**



# PASTA PERFECT!

## FAST TO FANCY, 10 FABULOUS RECIPES





PHOTOGRAPHS: DAVE BAUSMAN; FOOD STYLIST: JUDY TILLS

By Barbara Johnson

**Everybody seems to love pasta—and no wonder! It's quick, nutritious, and delicious. Try these super pasta recipes—there's something here for everyone!**

### ◀ FAST!

**20-MINUTE CARBONARA**

Give carbonara (pasta with a creamy cheese sauce and meat) a face-lift: Use both egg and spinach linguine, dot with strips of pimiento, and serve the meat (thin slices of prosciutto) on the side. Looks great in no time!

### ▶ ELEGANT!

**SAFFRON ROTOLO IN RED PEPPER SAUCE**

Roll up a rich, triple-nut filling in a sheet of homemade pasta that's delicately flavored with saffron. Heat through. Then, slice at an angle and serve pooled in an enticing sweet-pepper sauce for an exquisite first course.

### ◀ HEALTHFUL!

**FUSILLI WITH LOW-FAT PESTO**

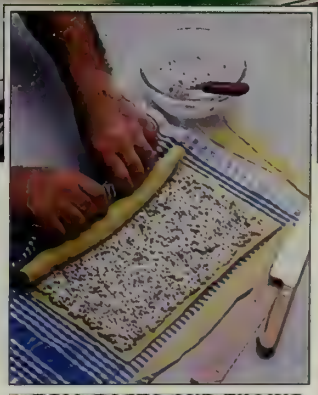
Classic pesto is a puree of oil, herbs, nuts, and Parmesan. To make this version, skip the nuts, and reduce both oil and cheese. Toss with pasta for a light side dish.

**RECIPES BEGIN ON PAGE 119.**





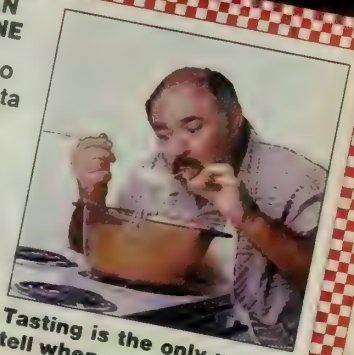
▲ **COOK THE PASTA SHEET**
Carefully immerse your pasta into the pot of boiling water. Use a light touch to avoid tearing the pasta.



▲ **ROLL PASTA AND FILLING**
Start rolling up the pasta sheet from one of the short sides. Use the towel to help lift and roll along the way.

## HOW TO TELL WHEN YOUR PASTA IS DONE

Some folks tell you to throw your cooked pasta against the wall; if it sticks, it's done. But, we say there's a better way: taste it. Only your teeth can tell when those golden strands are tender, but still slightly firm—the perfect stage for eating.



**Tasting is the only way to tell when pasta is done.**



# PASTA PERFECT!

### ▼ FIX 'N' FORGET!

**24-HOUR GREEK PASTA SALAD**

Try a twist on classic 24-hour salad: use pasta in place of lettuce. Slather a tangy yogurt-garlic dressing atop layers of mostaccioli, vegetables, and feta cheese.

### ▼ NO BOILING!

**SKIP-A-STEP LASAGNA ROLL-UPS**

Soak, don't cook, no-boil lasagna noodles—a new time-saving pasta now available. Roll them around a robust filling of tomato sauce, sausage, and eggplant; bake.

### ▶ DISTINGUISHED!

**OVERSTUFFED SEAFOOD RAVIOLI**

Transform lasagna noodles into giant ravioli by criss-crossing and filling to overflowing with an irresistible teriyaki-flavored stir-fry. It's perfect for entertaining.









### ▲ MICROWAVE! VEGETARIAN VERMICELLI

Boil vermicelli (fine spaghetti) on the stove top while you cook a peppy vegetable sauce in your microwave oven. The entire meatless meal takes less than 30 minutes to make!

### ▲ HOME STYLE! SALMON NOODLE CHOWDER

Here's a nourishing soup with rich, homemade taste. Because you start with a convenient packaged noodle mix, you can ladle the soup up in a mere 15 minutes.





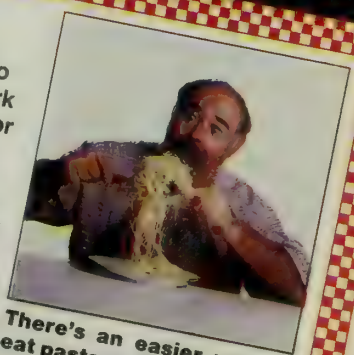
▲ **SHRED BOK CHOY**
Loosely roll up the leaves and cut crosswise into strips. Bok choy is a crisp contrast to tender pasta.



▲ **FILL THE NOODLES**
Crisscross two noodles on the plate. Spoon on the stir-fried filling. Then, fold over the ends of the noodles.

## HOW TO EAT PASTA

The debate rages! Do you twirl pasta on a fork against a large spoon, or just against the plate? You'll find folks who will stand by one method or the other as the only *real* way to eat pasta. Our advice? Any way you get the noodles to stay on a fork is OK!



There's an easier way to eat pasta: twirl it on a fork.

**RECIPES BEGIN ON PAGE 122.**





# PASTA PERFECT!

**RECIPES BEGIN ON PAGE 130.**

## DOWN-HOME GOOD!

**SAUSAGE AND TORTELLINI TOSS**

Cook cheese-filled tortellini (stuffed pasta rings) just till tender. Combine with slices of Polish sausage and crisp-tender broccoli flowerets. Then, smother the entire dish in a creamy Swiss and caraway sauce. You've just created a hearty one-dish meal that we bet tops your family's list of favorites!



## LIGHT 'N' LUSCIOUS!

**RUFFLED PASTA IN WILTED GREENS**

Tuck tender pasta ruffles (known as *radiatore* in Italy) in with your favorite greens. Toss with a hot sesame-soy dressing for a warm, ever-so-slightly-wilted salad.

**IT'S OK FOR DIETS!**



Some folks think pasta is high in calories. Actually, ½ cup cooked noodles has about 100 calories. But, go easy on the sauce!



**BUYING INFORMATION, PAGE 142.**

# FREE COOKBOOK

WITH PROOFS OF PURCHASE

FROM CAMPBELL'S AND UNCLE BEN'S

COOKING WITH

# SOUP & RICE




ampbell's® Soup and UNCLE BEN'S® Rice roudly present "Cooking with Soup & Rice." 's yours with our compliments when you send roofs of purchase. Discover a sensational synthesis f taste, convenience and quality. Comprised of more than 00 recipes like the ones shown here, along with helpful hints nd ideas. Send for this handy 104-page softcover cookbook to-ay. You'll be astounded at the diversity of delightful things you an do with Soup and Rice.

## Sausage & Peppers Italiano

- 1 lb. Italian sausage, cut into chunks
- 2 tbsp. water
- 2 large green peppers, cut into ¾" wide strips
- 1 medium onion, sliced and separated into rings
- 2 cloves garlic, minced
- 1 can (11 oz.) Campbell's® Zesty Tomato SoupSauce
- 1 cup water
- 1 tsp. vinegar
- 1 bag UNCLE BEN'S® Boil-in-Bag Rice, Family Size

**1.** In covered skillet over medium heat, cook sausage in 2 tbsp. water 5 min. Uncover; cook until sausage is browned on all sides.

**2.** Add green peppers, onion and garlic to sausage in skillet. Cook until peppers are tender-crisp, stirring frequently. Spoon off fat.

**3.** Stir in soup, 1 cup water and vinegar; reduce heat to low. Cover; simmer 10 min.

**4.** Meanwhile, cook rice according to package directions. Serve sausage and peppers over hot cooked rice. Makes 4 servings.

## Southwestern Risotto

- 2 tbsp. vegetable oil
- 1 small onion, chopped
- 1 cup UNCLE BEN'S® CONVERTED® Brand Rice
- 1 can (10¾ oz.) Campbell's® Chicken Broth
- 1 cup water
- 1 cup whole kernel corn
- ¼ tsp. pepper
- ½ cup thinly sliced green onions
- ½ cup red bell pepper julienne strips
- ½ cup grated Parmesan cheese

**1.** In 2-qt. saucepan, heat oil over medium heat. Add onion and rice; cook about 3 min., stirring often.

**2.** Stir in broth, water, corn and pepper. Bring to a boil. Reduce heat to low. Cover; simmer 20 min.

**3.** Stir in green onions and red pepper. Remove from heat and let stand, covered, until all liquid is absorbed, about 5 min. Stir in cheese. Makes 4½ cups or 6 servings. Recipe may be doubled.

## MAIL-IN OFFER FORM

Please send my free copy of "Cooking with Soup & Rice" to the address below. I have enclosed the following proofs of purchase:

- ☐ **FREE:** Six front-label panels (any combination) from Campbell's® Chicken Broth, Zesty Tomato or Cheddar Cheese Soup/Sauce and two proof-of-purchase seals from UNCLE BEN'S® Rice.
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FOOD

# NUTRITION INFORMATION

## HOW TO MAKE IT WORK FOR YOU

### EVERY RECIPE ANALYZED

● With every recipe we give important nutrition information. This information, which includes calorie count of individual servings and the amount, in grams, of protein, fat, carbohydrate, cholesterol, sodium, potassium, and dietary fiber, helps you keep tabs on what you eat.

● Also, you can check the vitamin and the mineral levels contained in an individual serving of each recipe. These vitamins and minerals are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended daily amounts. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

### HOW WE ANALYZE

● When ingredient options appear in a recipe's ingredient list, we use the first ingredient choice for figuring the nutrition analysis.

● We use the first serving size listed.

● We omit optional ingredients from the nutrition analysis.

### WHAT YOU NEED

Use our analyses to chart the nutritional value of the foods you eat. These guidelines are based on daily needs of moderately active females, 23 to 50 years old (in general, males and teens need more calories):

**calories—2,000**
**protein—45 to 65 grams**
**fat—67 grams**
**cholesterol—300 milligrams**
**sodium—1,100 to 3,300 milligrams**
**fiber—25 to 30 grams**

There's no real harm in going over or under these figures in any single day, but aim for a balanced diet overall. BH&G

*continued from page 116*

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# PASTA PERFECT!

**FAST TO FANCY, 10 FABULOUS RECIPES**

*Pictured on pages 112–116.*

## 20-MINUTE CARBONARA

*To help your pasta stay hot, warm your plates in hot water or a warm oven—*

- 1 beaten egg
- ½ cup grated Parmesan *or* Romano cheese
- 2 tablespoons whipping cream *or* light cream
- 1 tablespoon sliced pimiento
- 4 ounces egg *and/or* spinach linguine
- 1 8-ounce package frozen sugar snap peas *or* one 6-ounce package frozen pea pods
- 2 ounces thinly sliced prosciutto *or* ham

● **Combine** the egg, cheese, cream, and pimiento. Set aside.

● **In a large kettle or Dutch oven cook** pasta, uncovered, in boiling water 8 to 10 minutes or till tender but still slightly firm, stirring occasionally.

● **Meanwhile, prepare snap peas** according to package directions. Drain.

● **On *each* of two dinner plates, fan** *half* of the prosciutto on one side of plate. Fan snap peas on other side of plate. In a large colander drain pasta; return to hot kettle. Add egg mixture; toss gently till well coated. Serve immediately in center of plates. Makes 2 main-dish servings.

***Nutrition information per serving:*** *509 cal., 30 g pro., 52 g carbo., 20 g fat, 246 mg chol., 860 mg sodium, 385 mg potassium, 5 g dietary fiber. U.S. RDA: 21% vit. A, 57% vit. C, 61% thiamine, 32% riboflavin, 28% niacin, 45% calcium, 22% iron.*

*continued on page 121*





Reynolds® Oven Cooking Bags

# TIME-TO-SPARE RIBS.

## TIME-TO-SPARE RIBS.

- 1 large (14″ x 20″) Reynolds® Oven Cooking Bag
- ¼ cup flour
- 1½ cups barbecue sauce
- ½ cup chopped onion
- ½ cup chopped green pepper
- 3½ pounds pork spareribs, fat trimmed

Preheat oven to 325°F. Shake flour in large size (14″x20″) Reynolds Oven Cooking Bag; place in 13x9x2-inch baking pan. Add barbecue sauce, onion and green pepper. Squeeze bag to blend ingredients. Cut ribs in serving size pieces; place in bag. Turn bag to coat ribs with sauce. Arrange ribs in even layer. Close with nylon tie; make 6 half-inch slits in top. Bake 1½ hours or until tender. Makes: 4 to 6 servings.

VARIATION: BARBECUE SPARERIB DINNER.
Add 2 cans (16 oz. each) pork and beans, 1 tablespoon prepared mustard and 2 teaspoons chili powder with barbecue sauce.

Note: Sauce will cause inside of bag to darken in color. This is a normal reaction and does not indicate burning.

For FREE recipes, write: The Reynolds Wrap Kitchens P.O. Box 27003, Dept. A-60 Richmond, VA 23261-2003.




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uncovered, for 1 to 2 minutes or just till pasta is tender but still slightly firm. (Pasta will expand during cooking.) Carefully drain pasta sheet in a large colander. Rinse with cold water and drain well.

● **To assemble rotolo,** lay pasta sheet flat on a damp cloth. Let stand, uncovered, for 15 to 20 minutes to dry slightly. Trim to a 13x12-inch rectangle. Spread pasta sheet with Cheese and Nut Filling to within ½ inch of edges. Roll up from one of the short sides, using the towel to aid in rolling (see photo, *right*).

● **Place the rotolo,** seam-side down, in a greased 13x9x2-inch baking pan. Brush roll with the melted margarine or butter. If desired, cover and chill for several hours or overnight.



DAVE BAUSMAN

**ROLL UP the pasta and the filling, using the towel to aid.**

● **To serve, cover and bake the rotolo** in a 375° oven for 20 to 30 minutes or till pasta and filling are heated through. Meanwhile, cook and puree the Red Pepper Sauce. To serve, cut the rotolo diagonally into 12 slices. Spoon *some* of the Red Pepper Sauce on each individual dinner or appetizer plate; place the rotolo slices on top. Makes 4 main-dish or 12 appetizer servings.

***Nutrition information per main-dish serving:*** *461 cal., 13 g pro., 30 g carbo., 34 g fat, 117 mg chol., 607 mg sodium, 570 mg potassium, and 4 g dietary fiber. U.S. RDA: 190% vit. A, 320% vit. C, 26% thiamine, 23% riboflavin, 13% niacin, 13% calcium, and 27% iron.*

*continued on page 122*

## PASTA PERFECT!

*continued from page 119*

### SAFFRON ROTOLO IN RED PEPPER SAUCE

*Instead of making your own pasta, you can purchase a sheet of pasta from your local gourmet pasta shop to use in this elegant recipe. Just trim the pasta sheet to the size specified in the recipe directions below—*

**½ cup all-purpose flour**
**¼ teaspoon salt**
**⅛ teaspoon ground saffron *or* ground turmeric**

• • •

**1 egg**
**1 teaspoon olive oil *or* cooking oil**
**3 tablespoons all-purpose flour**

• • •

**1 recipe Cheese and Nut Filling (see recipe, *page 122*)**
**1 tablespoon margarine *or* butter, melted**
**1 recipe Red Pepper Sauce (see recipe, *page 122*)**

● **For pasta dough,** in a small mixing bowl stir together the ½ cup flour, salt, and saffron. Make a well in the center. In a small bowl or a custard cup stir together egg and oil; add to flour mixture. Mix well.

● **Sprinkle the kneading surface** with the remaining 3 tablespoons flour. Turn pasta dough out onto the floured surface. Knead till the pasta dough is smooth and elastic (about 8 minutes). Cover and let rest for 10 minutes.

● **On a lightly floured surface roll** pasta dough to a 12-inch square about 1/16 inch thick. Cover; let stand for 15 minutes.

● **In a 4½-quart kettle bring** a large amount of water to boiling. Carefully immerse the pasta sheet into the boiling water (see photo, *page 113*). Return water to boiling. Cook,




For chicken, stuffed peppers, sloppy joes, meat loaf, you name it and you'll love it with zesty, tomatoey Heinz Chili Sauce. America's best seller.




CHICKEN ROMANO Brown 2 to 2½ lb chicken pieces in 2 Tbsp oil in large skillet. Drain fat. Season chicken with salt and pepper. Add 1 sliced onion. Cover; cook 30 min. Stir in 1 bottle Heinz Chili Sauce and 1 tsp dried oregano leaves. Cook, uncovered, 10 min longer; baste frequently. Serve sauce over chicken; sprinkle with grated Parmesan cheese. Makes 4-5 servings.

*For more recipes, send a self-addressed, stamped envelope to: Heinz USA, P.O. Box 1153, Boston, MA 02277-1153.*

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# Best in these parts.

*continued from page 121*

**CHEESE AND NUT FILLING**

- 2 3-ounce packages cream cheese with chives
- ¼ cup milk
- ½ cup snipped watercress *or* parsley
- ¼ cup pine nuts *or* slivered almonds
- ¼ cup chopped almonds
- ¼ cup chopped hazelnuts (filberts)

● **In a small mixer bowl beat** cheese and ⅛ teaspoon *salt* with electric mixer on medium speed 30 seconds or till softened. Beat in milk. Stir in watercress and nuts. Makes about 1½ cups.

**RED PEPPER SAUCE**

*Trim the plate with sweet pepper strips, ripe olives, and nasturtium leaves*—*

- ½ cup water
- 1 teaspoon instant chicken bouillon granules
- ¼ teaspoon salt
- 3 medium (1¼ pounds) red sweet peppers, seeded and cut into chunks (3½ cups)
- ⅓ cup watercress *or* parsley leaves

● **In a medium saucepan bring** water, bouillon granules, and salt to boiling; add peppers. Cook about 5 minutes or till tender. Remove from heat. Add watercress or parsley. Cool slightly.

● **In a food processor bowl** or blender container process or blend pepper mixture, covered, till peppers are pureed. Serve warm, reheating if necessary. Makes about 2¼ cups sauce.

***Note:** Use nasturtium leaves grown specifically for eating purposes.

**FUSILLI WITH LOW-FAT PESTO**

- 1 10-ounce package frozen chopped spinach
- 4 ounces rippled fine noodles (fusilli) *or* spaghetti
- ½ of a 20-ounce package (2½ cups) frozen crinkle-cut carrots
- 1 egg white
- 2 tablespoons dried basil, crushed
- 1 tablespoon olive *or* cooking oil
- 2 cloves garlic *or* 1 teaspoon bottled minced garlic
- ¼ cup shredded *or* grated Parmesan cheese

● **Thaw spinach,** but *do not* drain. Cook pasta, uncovered, in boiling water 7 minutes for fusilli or 2 minutes for spaghetti, stirring occasionally. Add the carrots and cook for 8 minutes more or till the pasta is tender but still slightly firm, stirring occasionally.

● **For pesto,** in blender container or food processor bowl, combine the *undrained* spinach, egg white, basil, oil, and garlic. Cover; blend till smooth, stopping occasionally to scrape sides.

● **In a large colander drain pasta well.** Return to hot pan. Add *half* of the pesto to hot pasta and vegetables in pan. Toss over low heat till pasta is well coated and heated through. Top with cheese; season to taste with *salt* and *pepper.* Makes 4 side-dish servings.

***Note:*** Place remaining pesto in a moisture- and vaporproof freezer container. Seal, label, and freeze up to 3 months for another use. To use, thaw overnight in the refrigerator.

***Nutrition information per serving:*** *195 cal., 9 g pro., 29 g carbo., 5 g fat, 31 mg chol., 193 mg sodium, 333 mg potassium, 3 g dietary fiber. U.S. RDA: 360% vit. A, 14% vit. C, 20% thiamine, 13% riboflavin, 12% niacin, 18% calcium, 14% iron.*





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**24-HOUR GREEK PASTA SALAD**

- **6 ounces cut ziti (about 2 cups)**
- **½ cup plain yogurt**
- **½ cup creamy garlic salad dressing**
- **½ teaspoon dried oregano, crushed**
- **1 small cucumber, halved lengthwise and thinly sliced (1¼ cups)**
- **½ cup sliced pitted ripe olives *or* Greek olives**
- **1 cup crumbled feta cheese (4 ounces)**
- **12 cherry tomatoes, quartered *or* 1 large tomato, chopped (1 cup)**
- **1 cup alfalfa sprouts**
- **Onion and garlic croutons**

● **In a large saucepan cook** pasta, uncovered, in boiling water about 14 minutes or till tender but still slightly firm, stirring occasionally. Immediately drain in a large colander. Rinse with cold water; drain well. Transfer to a large bowl; set aside.

● **For dressing,** in a small bowl combine yogurt, dressing, and oregano. Stir *⅓ cup* of the dressing into drained pasta. Place in bottom of 2-quart straight-sided clear bowl. Layer the cucumber, olives, cheese, and tomatoes on top. Spread remaining dressing over top. Top with sprouts. Cover tightly; chill up to 24 hours. To serve, top with croutons. Makes 4 to 6 side-dish servings.

***Nutrition information per serving:*** *449 cal., 13 g pro., 41 g carbo., 26 g fat, 27 mg chol., 734 mg sodium, 364 mg potassium, 3 g dietary fiber. U.S. RDA: 13% vit. A, 12% vit. C, 32% thiamine, 31% riboflavin, 16% niacin, 26% calcium, 12% iron.*

**SKIP-A-STEP LASAGNA ROLL-UPS**

*Look for no-boil lasagna noodles on the shelf next to dry pasta. If you can't find them, use regular lasagna noodles. Boil 8 minutes; drain, assemble, and bake—*

- **8 no-boil lasagna noodles *or* regular packaged lasagna noodles**
- **1 small eggplant, peeled**
- **1 pound bulk Italian sausage *or* Italian-seasoned ground turkey sausage**
- **½ cup sliced celery**
- **2½ cups meatless spaghetti sauce**
- **Fresh oregano, chives, and parsley (optional)**

● **Soak no-boil lasagna noodles** in warm water for 10 minutes.

● **Meanwhile, cut** twelve ¼-inch-thick slices crosswise from the bottom of the eggplant; halve each slice crosswise, forming semicircles. Set aside. Chop the remaining eggplant. (You should have about 1 cup.)

● **In a 10-inch skillet cook** the chopped eggplant, sausage, and celery about 5 minutes or till sausage is done and eggplant is tender. Drain well. Stir in *1 cup* of the sauce.

● **Drain noodles well.** In the bottom of a 1½- to 2-quart au gratin dish spread *½ cup* of the sauce. Spread about ⅓ cup of the sausage mixture on *each* noodle. Roll up from one of the short ends. Place, seam side down, in the dish. Place halved eggplant slices around the edge of the dish, rounded edge up, overlapping slightly. Spoon the remaining sauce atop roll-ups.

● **Cover and bake in a 375° oven** for 35 minutes or till filling is heated through and pasta is tender. Top with fresh oregano, chives, and parsley. Makes 4 main-dish servings.

*continued on page 124*




# New complete dinners. From Stouffer's.®




*Rich Chicken Parmigiana. Peppy Chicken Monterey. Delicate Turkey Divan. And flavorful Veal Parmigiana. Only Stouffer's could make them so good. And these are just four from our exciting line of ten delicious chicken, turkey, beef and veal dinners. All microwaveable. All delicious. Why not try a Stouffer's Dinner Supreme® tonight?*

*continued from page 123*

***Microwave directions:*** Soak no-boil lasagna noodles, and slice and chop eggplant as directed on *page 123*. In a 1½-quart microwave-safe casserole crumble sausage. Add chopped eggplant and celery. Micro-cook, covered, on 100% power (high) for 5 to 7 minutes or till no pink remains and vegetables are tender, stirring once. Drain well. Stir in *1 cup* of the spaghetti sauce.

Drain no-boil noodles and assemble in a 1½- to 2-quart microwave-safe au gratin dish or 10x6x2-inch baking dish as directed. Cover with vented clear plastic wrap. Cook on high for 10 to 12 minutes or till heated through and pasta is tender, giving dish a half-turn once. Serve as directed.

***Nutrition information per serving:*** *433 cal., 19 g pro., 51 g carbo., 16 g fat, 42 mg chol., 1,375 mg sodium, 396 mg potassium, 6 g dietary fiber. U.S. RDA: 21% vit. A, 20% vit. C, 54% thiamine, 24% riboflavin, 35% niacin, 20% iron.*

## OVERSTUFFED SEAFOOD RAVIOLI

**1 small bunch bok choy**
**6 lasagna noodles**
**¼ cup teriyaki sauce**
**2 tablespoons dry sherry**
**2 tablespoons Dijon-style mustard**
**2 teaspoons cornstarch**

• • •

**3 tablespoons cooking oil**
**1 clove garlic, minced**
**1 9-ounce package frozen French-style green beans, thawed and drained**
**½ cup shredded carrot**
**2 green onions, thinly sliced**
**1 cup sliced fresh mushrooms**
**1 6-ounce package frozen crabmeat and shrimp**
**6 cooked, peeled, and deveined shrimp (optional)**
**Lemon slices (optional)**
**Teriyaki sauce (optional)**

● **Remove bok choy leaves** from bunch. To shred leaves, loosely roll up and cut crosswise into strips (see photo, *page 115*). You should have about 2½ cups. Thinly slice bok choy stems. You should have about 2 cups. Set aside.

● **Cook lasagna noodles,** uncovered, in boiling water for 12 to 15 minutes or till tender but still slightly firm, stirring occasionally. Immediately drain well in a large colander.

● **Meanwhile, for sauce,** in a bowl stir together the ¼ cup teriyaki sauce, sherry, mustard, and cornstarch; set aside.

● **Preheat a large skillet or wok** over high heat; add cooking oil. Stir-fry garlic in hot oil for 15 seconds; push from center of skillet. Add bok choy stems; stir-fry for 1½ minutes. Add green beans, carrot, and green onions; stir-fry for 30 seconds. Add mushrooms; stir-fry for 1 minute or till vegetables are crisp-tender. Push mixture away from center of skillet. Stir sauce; add to center of skillet. Cook and stir till thickened and bubbly. Add seafood; cook and stir 1 minute or till seafood is heated. Stir to coat entire mixture.

● **Arrange *two* hot lasagna noodles** so they form an X on *each* of 3 warm dinner plates. Spoon *one-third* (about 1⅓ cups) of the filling into center of each X (see photo, *at right*). Fold edges of

*continued on page 126*

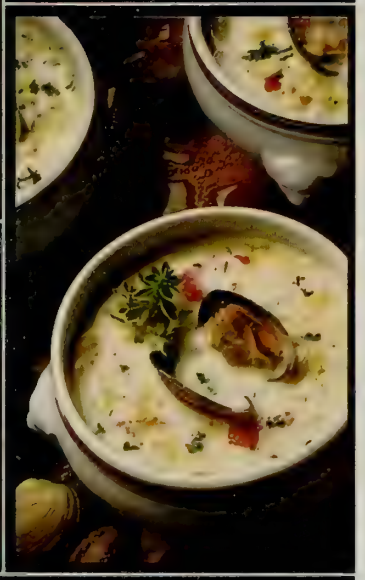


DAVE BAUSMAN

**SPOON the filling over two crisscrossed lasagna noodles.**








If you can boil water...

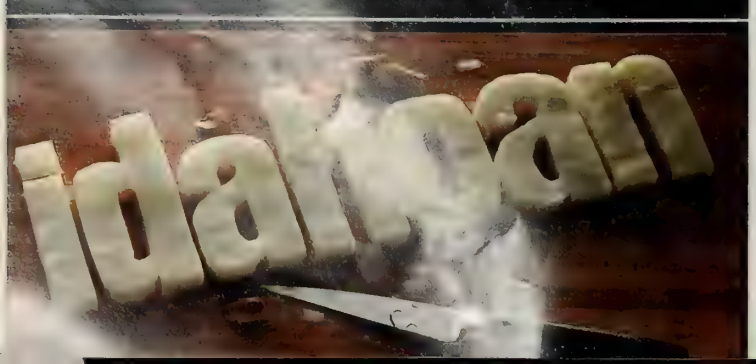
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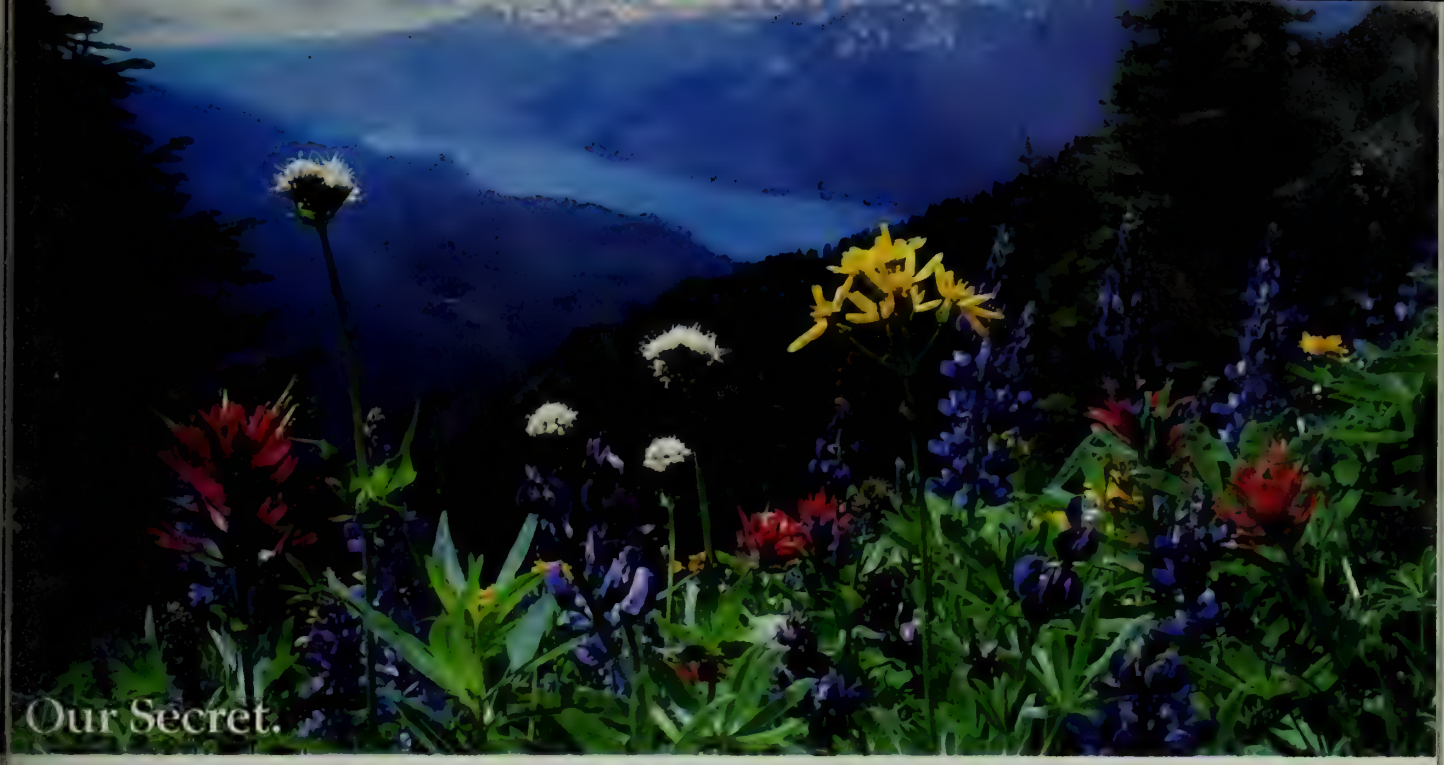
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## PASTA PERFECT!

*continued from page 124*

noodles over filling into center of X. Top with cooked shrimp. Serve at once with shredded bok choy; top with lemon. Pass additional teriyaki sauce for bok choy. Makes 3 main-dish servings.

***Nutrition information per serving:*** *422 cal., 19 g pro., 48 g carbo., 16 g fat, 57 mg chol., 805 mg sodium, 707 mg potassium, 6 g dietary fiber. U.S. RDA: 175% vit. A, 53% vit. C, 40% thiamine, 25% riboflavin, 30% niacin, 16% calcium, 20% iron.*

### VEGETARIAN VERMICELLI

- 6 ounces vermicelli, broken up
- 1 medium red sweet pepper, seeded and cut into thin strips
- 1 medium green sweet pepper, seeded and cut into thin strips
- 1 8-ounce jar cheese spread with jalapeño peppers
- 1 16-ounce can golden hominy, drained
- 1 8-ounce can red kidney beans, drained
- 1 8-ounce carton dairy sour cream
- 2 tablespoons pumpkin seeds *or* peanuts

● **In a large kettle or Dutch oven** cook pasta, uncovered, in boiling water for 5 to 7 minutes or till tender but still slightly firm, stirring occasionally.

● **Meanwhile,** in a 2-quart microwave-safe casserole micro-cook peppers and 2 tablespoons *water,* covered, on 100% power (high) 2 to 4 minutes or till tender. Drain. Stir in cheese spread till melted. Stir in hominy and beans. Cook, covered, on high 3 to 4 minutes or till heated through, stirring after every minute. Stir in sour cream. Cook, covered, on high 3 to 5 minutes or till heated through, stirring once or twice.

● **Drain pasta.** Transfer to a platter; top with cheese mixture. Sprinkle with seeds or nuts. Toss and serve immediately. Makes 4 main-dish servings.

***Conventional directions:*** Cook pasta as directed. Meanwhile, in a large saucepan cook peppers, uncovered, in a small amount of boiling water for 3 to 5 minutes or till tender. Drain.

In the same saucepan combine peppers, cheese spread, hominy, and beans. Cook and stir over medium heat for 3 to 4 minutes or till cheese is melted and mixture is heated through. Stir in the sour cream. Cook and stir over low heat for 3 to 5 minutes more or just till mixture is heated through. (*Do not* boil.) Serve as directed.

***Nutrition information per serving:*** *626 cal., 25 g pro., 59 g carbo., 33 g fat, 79 mg chol., 1,049 mg sodium, 548 mg potassium, 6 g dietary fiber. U.S. RDA: 62% vit. A, 112% vit. C, 39% thiamine, 32% riboflavin, 20% niacin, 44% calcium, 24% iron.*

### SALMON NOODLE CHOWDER

- 2¼ cups water
- 2 tablespoons margarine *or* butter
- 1 4½-ounce package noodles with sour cream and chive sauce
- 1½ cups loose-pack frozen corn, broccoli, and red peppers
- ½ teaspoon dried dillweed
- 1 7¾-ounce can red salmon
- 2 cups milk

● **In a large saucepan bring** water and margarine or butter to boiling. Stir in noodles with sour cream and chive sauce, frozen vegetables, and dillweed. Return to boiling; reduce heat. Simmer, uncovered, for 5 minutes.

*continued on page 130*

# "My gravy solves your beefs about microwaving meat."





**Chef Byron J. Bardy, C.M.C. One of only 31 Certified Master Chefs in the country. Creator of Heinz HomeStyle Gravies.**

"Your microwave is great with a lot of foods but meat isn't its specialty. Meat can become dried out and not have the dark brown color you expect. Cooking with my Heinz HomeStyle Gravy will have a basting and browning effect while helping meats retain their natural moisture."

"My recipe for Oriental Steak is proof of how good your microwave can be with a beef dish."

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"We slowly simmer beef and beef juices, gradually thicken with flour and season it just right. We even store it in a jar so you can see how good it's going to be."

For our 20-page cookbooklet, "Shortcuts to Microwave Success," send two HomeStyle Gravy labels to: H.J. HEINZ Co., P.O. Box 1102, Boston, MA 02277-1102.

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Heinz

## Oriental Steak

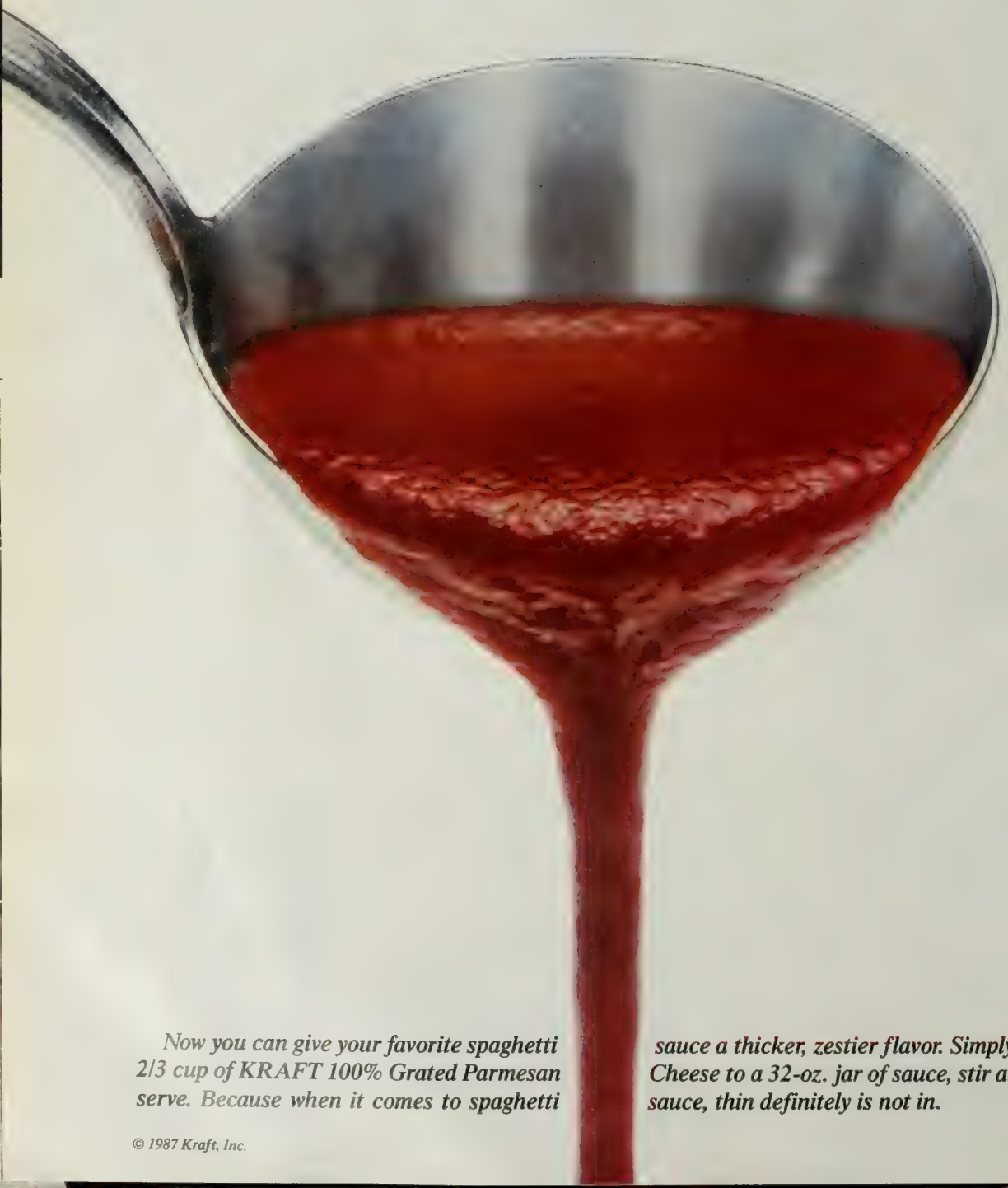
1 pound boneless beef sirloin steak, cut 1/2-inch thick
*1 cup sliced fresh mushrooms (about 1/4 pound)
1 cup snow pea pods
1/3 cup diagonally sliced celery (1/4-inch thick)
4 green onions, sliced
1 small red bell pepper, cut into strips
1 teaspoon cornstarch
1 tablespoon soy sauce
1 jar (12 ounces) Heinz HomeStyle Brown Gravy
1/2 teaspoon grated gingerroot or ground ginger
Oriental noodles or hot buttered rice

Cut steak diagonally across the grain into 1/8-inch slices. Set aside. Place mushrooms and next 4 ingredients in a 2-quart casserole. Cover dish with waxed paper and Microwave at HIGH 3 1/2 to 4 1/2 minutes, stirring once. Drain well; stir in meat. Cover and Microwave at HIGH 3 1/2 to 4 1/2 minutes, stirring twice; meat may still be pink. Blend cornstarch into soy sauce, then combine with gravy and gingerroot. Stir into meat mixture. Cover and Microwave at HIGH 4 to 6 minutes; stir twice. Serve over noodles or rice. Makes 4 servings (about 4 cups).

*1 can (3 to 4 ounces) mushrooms, drained, may be substituted. Recipe tested in a 650 watt microwave oven.



# Thin is



*Now you can give your favorite spaghetti sauce a thicker, zestier flavor. Simply add 2/3 cup of KRAFT 100% Grated Parmesan Cheese to a 32-oz. jar of sauce, stir and serve. Because when it comes to spaghetti sauce, thin definitely is not in.*

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# not in.






The secret to thicker sauce is in the can.

# Some Companies Have To Make Up Stories Like Ours.

Considering how it all started, the Near East success story is fairly remarkable.

At Hannah Kalajian's diner in Worcester, Mass., one of the most popular items was her traditional rice pilaf.



Hannah would share her recipe with anyone who asked for it. But most said that when they tried it at home, it didn't turn out right.

So she began packaging the ingredients, and called her product Near East.

Now, thirty years later, Near East Rice Pilaf has loyal customers all over the country. People who enjoy its delicate, lightly seasoned flavor, and appreciate the fact that it's made from all natural ingredients.




At some companies, the advertising department has to make up stories like this. That's because they don't have a product like ours.

© 1987 Near East Food Products Co.


## PASTA PERFECT!

*continued from page 126*

● **Meanwhile, drain salmon;** remove skin and bones. Break salmon into chunks. Stir milk into noodle mixture. Return to boiling; add salmon. Cook and stir for 1 minute more. Serve at once. Makes 3 main-dish servings.

***Microwave directions:*** In a 3-quart microwave-safe casserole micro-cook *2 cups* water and margarine or butter on 100% power (high) 6 to 8 minutes or till boiling. Stir in noodles with sour cream and chive sauce, vegetables, and dill-weed. Cook, uncovered, on high 10 to 12 minutes or till noodles and vegetables are tender. Drain salmon; break up as directed. Stir in salmon and milk. Cook, uncovered, on high 4 to 6 minutes more or till heated through. Serve at once.

***Nutrition information per serving:*** *478 cal., 26 g pro., 43 g carbo., 23 g fat, 33 mg chol., 703 mg sodium, 616 mg potassium, 3 g dietary fiber. U.S. RDA: 39% vit. A, 45% vit. C, 19% thiamine, 25% riboflavin, 25% niacin, 31% calcium.*

### SAUSAGE AND TORTELLINI TOSS

**½ of a 7-ounce package rainbow-colored *or* plain dried cheese-filled tortellini (about 1 cup)**
**2 cups broccoli flowerets**
**½ pound smoked polish sausage, halved lengthwise and thinly bias sliced**
**1 tablespoon margarine *or* butter**
**1 tablespoon all-purpose flour**
**1 teaspoon caraway seed**
**¾ cup milk**
**1 cup shredded process Swiss cheese (4 ounces)**
**1 tablespoon coarse-grain brown mustard**

● **In a large saucepan cook** tortellini, uncovered, in boiling water 15 minutes; stir occasionally. Add broccoli and sausage to water. Return to boiling; reduce heat. Simmer, uncovered, 5 to 10 minutes more or till tortellini is tender but still slightly firm; stir occasionally.

● **Meanwhile, in a medium saucepan** melt margarine or butter. Stir in flour and caraway seed. Add milk all at once. Cook and stir till thickened and bubbly. Stir in cheese and mustard till cheese melts. Remove from heat.

● **Drain tortellini mixture;** return to hot pan. Add cheese mixture; toss till coated. Serve at once. Makes 4 main-dish servings.

***Nutrition information per serving:*** *412 cal., 22 g pro., 15 g carbo., 29 g fat, 97 mg chol., 1,092 mg sodium, 449 mg potassium, 2 g dietary fiber. U.S. RDA: 35% vit. A, 47% vit. C, 26% thiamine, 21% riboflavin, 16% niacin, 35% calcium, 12% iron.*

**RUFFLED PASTA IN WILTED GREENS**

*Cook the pasta according to the times given on your package; it varies from brand to brand—*

- **4 ounces pasta ruffles *or* corkscrew macaroni (2 cups)**
- **2 tablespoons water**
- **2 tablespoons dry sherry**
- **2 tablespoons soy sauce**
- **1 tablespoon honey**
- **1 tablespoon lemon juice**
- **1 large red onion, thinly sliced and separated into rings**
- **1 tablespoon sesame seed**
- **2 tablespoons sesame oil *or* cooking oil**
- **6 cups torn mixed greens**

● **In a large saucepan cook pasta,** uncovered, in boiling water according to package directions till tender but still slightly firm, stirring occasionally. Immediately drain in a colander. Rinse with cold water; drain. Set aside.

● **Meanwhile, in a small bowl combine** water, sherry, soy sauce, honey, and lemon juice. Set aside.

● **In a large skillet cook** onion and sesame seed in hot oil about 5 minutes or till onion is just tender and seeds are toasted. Stir in soy mixture; bring to boiling. Remove from heat. Add pasta. Toss 30 to 60 seconds or till coated.

● **Place greens in a large bowl.** Pour pasta mixture over greens. Toss; serve at once. Makes 8 side-dish servings.

***Nutrition information per serving:*** *118 cal., 3 g pro., 16 g carbo., 4 g fat, 0 mg chol., 261 mg sodium, 200 mg potassium, 1 g dietary fiber.* BH BG

**MICROWAVE NOTE**

Microwave directions are included when a micro-cooked recipe is as appealing as the conventionally cooked recipe. The microwave versions given here were tested in countertop microwave ovens that operate on 625 to 700 watts. Cooking times in these recipes are approximate because microwave ovens vary by individual manufacturer.


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TANGY CHICKEN

Brown 2 to 2½ pounds chicken pieces in 2 tablespoons butter in skillet. Drain fat. Combine ½ cup Heinz 57 Sauce, ⅓ cup water; pour over chicken. Cover; simmer 30 minutes or until chicken is tender; baste occasionally. Remove cover; simmer an additional 10 to 15 minutes. Skim excess fat from sauce. Serve sauce over chicken. Makes 4-5 servings.



GREAT AMERICAN MEAT LOAF

Thoroughly combine 1½ pounds ground beef, 1 slightly beaten egg, ½ cup seasoned dry bread crumbs, ¼ cup finely chopped onion, ¼ cup milk, ¼ cup Heinz 57 Sauce, ¾ teaspoon salt, ⅛ teaspoon pepper. Shape into a loaf (8" x 4" x 1½") in shallow baking pan. Bake in 350°F oven, 1 hour. Allow meat loaf to stand 5 minutes before slicing. Makes 6 servings.

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# ELEGANT GREEK APPETIZER

## SPECIAL AND FANCY, YET EASY TO MAKE

By Barbara Johnson

**First published in *BH&G* in March 1983, Greek Croustade is worth repeating. It's a favorite of ours, and sure to become one of yours.**




WILLIAM K. SLADCIK, INC.

**Greek Croustade: A hot appetizer that melts in your mouth.**

### GREEK CROUSTADE

*Wrap crisp, flaky phyllo around a pungent cheese and spinach filling—*

- 1 10-ounce package frozen chopped spinach
- ¼ cup chopped onion
- 3 tablespoons margarine *or* butter
- 3 tablespoons all-purpose flour
- ¼ teaspoon dried tarragon, crushed
- ⅛ teaspoon pepper
- 1 cup milk
- 2 beaten eggs
- 1 cup cream-style cottage cheese
- ½ cup crumbled feta cheese

• • •

- 10 sheets frozen phyllo dough (17x12-inch rectangles), thawed
- ½ cup margarine *or* butter, melted

For filling, cook spinach according to package directions; drain well, pressing out excess liquid. In a medium saucepan cook onion in the 3 tablespoons hot margarine or butter till tender. Stir in flour, tarragon, and pepper. Add milk. Cook and stir till thickened and bubbly. Stir about *half* of the mixture into eggs; return all to saucepan. Stir in spinach and cheeses. Set aside.

Unfold phyllo dough; remove *one* sheet. Cover remaining phyllo dough with a damp towel while working. Brush the one phyllo dough sheet lightly with *some* of the ½ cup margarine or butter. Fold in thirds lengthwise; brush top with margarine or butter. Place one end of the folded sheet in the center of a 12- or 14-inch pizza pan, extending the other end over the side of the pan.

Repeat brushing and folding with remaining margarine or butter and phyllo dough; arrange strips in spoke fashion evenly around the pan (see *photo 1*). (The inner ends of each sheet should overlap in the center and be about 3 inches apart at the outer ends.)

Spread the filling in an 8-inch circle in the center of the phyllo dough. Starting with the last phyllo dough strip placed in the pan, lift the end of the strip that is extending over the pan and, holding it with both hands, twist the end several times (see *photo 2*).

Fold the twisted phyllo dough strip in half toward the filling. Coil and tuck the end under to form a rosette (see *photo 3*). Lightly press the rosette into the filling, leaving a 3-inch circle in the center so the filling is visible. Repeat with the remaining phyllo dough strips in the reverse order that you placed them on the pan. Drizzle with any remaining margarine or butter.

Bake in a 375° oven for 35 to 40 minutes or till top is golden brown. Use a knife or pizza cutter to cut into wedges. Serve the wedges warm or cool. Makes 8 side-dish servings.

***Nutrition information per serving:*** 274 cal., 9 g pro., 13 g carbo., 21 g fat, 81 mg chol., 507 mg sodium, 321 mg potassium, 1 g dietary fiber. U.S. RDA: 65% vit. A, 12% vit. C, 18% riboflavin, 14% calcium, 10% iron.

## HOW TO MAKE GREEK CROUSTADE



1. Arrange the phyllo strips in spoke fashion around pan so ends hang over edge of pan.



2. Pick up and loosely twist the portion of each strip that extends over edge of pan.



3. Fold twisted strip in half; coil and tuck under the end, forming a rosette over filling.

# New Swanson® Premium Chunk Turkey. Solid Chunks That Stand Out In Any Salad.

## TURKEY-APPLE SALAD



1 can (5 ounces) Swanson® Premium Chunk White (or White & Dark) Turkey, drained
3/4 cup chopped apple
1/2 cup sliced celery
2 tablespoons raisins
1/3 cup prepared Italian dressing
1 tablespoon brown sugar

*Nothing but Solid chunks of Real Turkey, all cooked and ready to go!*

1. In medium bowl, gently stir together Swanson® Premium Chunk Turkey, apple, celery and raisins.
2. In cup, stir together dressing and brown sugar; pour over turkey mixture. Toss gently to coat.
3. Serve on lettuce leaves. Makes 1 1/2 cups or 2 servings.




*Packed in water too.*

## Swanson® Premium Chunk Turkey

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WIN MONEY FOR YOUR RECIPES
See Page 138 For Details

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# Chocolate Desserts

File under Desserts
February, 1988

## $100 WINNER *Mrs. Sandra Husen, Bonifay, Fla.*

### Chocolate Gem Pie

*Use only butter for this pie; some margarines give the filling a sticky texture—*

- 1 cup all-purpose flour
- ⅔ cup ground pecans
- ¼ cup packed brown sugar
- 3 tablespoons shortening
- 3 squares (3 ounces) unsweetened chocolate
- 1 teaspoon vanilla
- 1 cup sifted powdered sugar
- ¾ cup butter, softened
- ½ to 1 teaspoon instant coffee crystals
- 2 eggs
- 1 cup whipping cream
- 1 tablespoon powdered sugar
- 2 tablespoons chocolate-flavored syrup

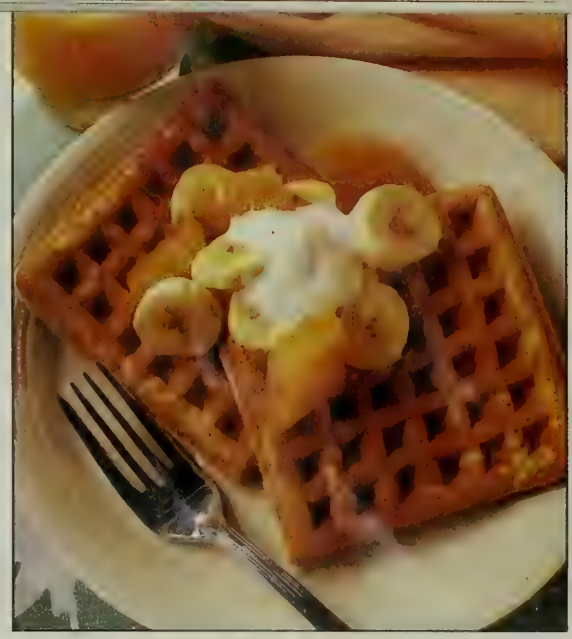
For crust, combine first 3 ingredients. In heavy saucepan melt shortening and *one* square chocolate over low heat, stirring constantly. Stir into flour mixture till combined. Combine vanilla and 2 tablespoons *water;* sprinkle over chocolate mixture, tossing well. Form into a ball. Roll into a 12-inch circle between 2 sheets of waxed paper. Remove waxed paper. Place crust in a 9-inch pie plate; flute edge. Prick well. Bake in a 350° oven 15 to 20 minutes or till surface appears dry. Cool.

For filling, melt remaining chocolate; cool. In large mixer bowl beat 1 cup powdered sugar and butter till combined. Add chocolate. Dissolve coffee in 1 teaspoon warm *water;* add to butter mixture. Add eggs, one at a time, beating on medium 30 seconds after each or till light and fluffy. Spread in crust. Cover; chill 2 hours or till firm. To serve, beat remaining ingredients till stiff peaks form. Spread on pie. Top with *maraschino cherries* and *chocolate curls.* Makes 8 to 10 servings.

***Nutrition information per serving:*** 557 cal., 6 g pro., 40 g carbo., 44 g fat, 156 mg chol., 210 mg sodium, 211 mg potassium, 1 g dietary fiber.

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®
PRIZE TESTED RECIPES®



# Pancake And Waffle Ideas

File under Breads
February, 1988

## $100 WINNER *Randy Hieronymus, Coral Springs, Fla.*

### Oatmeal Waffles

*Randy's family enjoys these hearty waffles with lots of fresh fruit for Sunday brunch—*

- 1½ cups all-purpose flour
- 1 cup quick-cooking rolled oats
- 1 tablespoon baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 2 slightly beaten eggs
- 1½ cups milk
- 6 tablespoons margarine *or* butter, melted
- 2 tablespoons brown sugar
- Fresh fruit (optional)
- Vanilla yogurt (optional)

In a large mixing bowl stir together flour, oats, baking powder, cinnamon, and salt. In a small mixing bowl stir together eggs, milk, margarine or butter, and brown sugar. Add to flour mixture; stir till blended. Pour batter onto grids of a preheated, lightly greased waffle baker. Close lid quickly; *do not* open during baking. Use a fork to remove baked waffle. Top with fruit and yogurt. Makes 12 (4-inch) square waffles, 6 servings.

***Nutrition information per serving:*** 343 cal., 10 g pro., 41 g carbo., 16 g fat, 96 mg chol., 424 mg sodium, 217 mg potassium, 2 g dietary fiber. U.S. RDA: 14% vit., A, 23% thiamine, 18% riboflavin, 20% calcium, 14% iron.






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# Pancake And Waffle Ideas

File under Breads
February, 1988

## $50 WINNER *Mrs. Francis J. Raymond, Clarksville, Ind.*

### Top-of-the-Morning Pancakes

*Just 5 ingredients, and easy because you start with a box of corn muffin mix—*

- **1 8½-ounce package corn muffin mix**
- **¼ cup whole bran cereal**
- **½ teaspoon apple pie spice**
- **2 slightly beaten eggs**
- **¾ cup milk**
- **Margarine *or* butter (optional)**
- **Pancake and waffle syrup (optional)**

In a medium mixing bowl stir together muffin mix, cereal, and spice. In a small mixing bowl combine eggs and milk; add all at once to muffin mixture, stirring till blended but still slightly lumpy. Pour about *¼ cup* batter onto a hot well-greased griddle. Cook over medium heat, 1 to 2 minutes per side, or till golden brown, turning to cook other side when pancakes have a bubbly surface and slightly dry edges. Serve with margarine or butter and syrup. Makes about 8 (4-inch) pancakes.

***Nutrition information per pancake:*** 166 cal., 5 g pro., 24 g carbo., 6 g fat, 91 mg chol., 397 mg sodium, 98 mg potassium, 1 g dietary fiber.

Photographs: Scott Little

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# Chocolate Desserts

File under Desserts
February, 1988

## $50 WINNER *Marjorie Childs, Brigham City, Utah*

### Chocolate Almond Squares

*Marjorie spun two favorite recipes together and simplified them at the same time to create this sweet, chewy wonder—*

- **¾ cup slivered almonds**
- **1 package fluffy white frosting mix (for 2-layer cake)**
- **1 teaspoon vanilla (optional)**
- **1¼ cups graham cracker crumbs**
- **1 cup semisweet chocolate pieces**
- **Ice cream *or* whipped cream (optional)**
- **1 cup chocolate ice-cream topping**

In a shallow baking pan toast almonds in a 350° oven for 8 to 10 minutes or till lightly toasted. Cool.

In a large mixer bowl prepare frosting mix according to package directions; stir in vanilla. Fold in almonds, cracker crumbs, and chocolate pieces. Turn into a greased 9x9x2-inch baking pan. Bake in a 350° oven for 30 minutes or till light brown. Cool completely. Cut into squares. Serve with ice cream or whipped cream and chocolate topping. Makes 9 servings.

***Nutrition information per serving:*** 364 cal., 5 g pro., 63 g carbo., 13 g fat, 0 mg chol., 187 mg sodium, 276 mg potassium, 1 g dietary fiber. U.S. RDA: 11% riboflavin, 14% calcium, 10% iron.

**Buying information, page 142.**

## *Double Dark Decadent Brownie*

*½ cup KARO® Light or Dark Corn Syrup*
*½ cup butter or margarine*
*5 squares (5 oz.) BAKER'S® Semi-Sweet Chocolate*
*¾ cup sugar*
*3 eggs*
*1 teaspoon vanilla*
*1 cup unsifted flour*
*1 cup chopped walnuts*
*Chocolate Glaze (below)*

*Grease and flour 9-inch layer cake pan. In large saucepan bring corn syrup and butter to a boil, stirring occasionally; remove from heat. Add chocolate; stir until melted. Add sugar; stir in eggs, one at a time, then vanilla, flour and nuts. Pour into pan. Bake in 350°F oven 30 minutes or until cake tester inserted in center comes out clean. Cool in pan 10 minutes. Remove; cool completely on rack. Prepare glaze; pour on top and spread on sides. Let stand 1 hour. Serves 8.*

*Chocolate Glaze: In small saucepan melt 3 squares (3 oz.) BAKER'S® Semi-Sweet Chocolate with 1 tablespoon butter or margarine over low heat, stirring often. Remove from heat. Stir in 2 tablespoons KARO® Corn Syrup and 1 teaspoon milk.*




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# Divine Decadence



BAKER'S & KARO • SIMPLE INDULGENCE

WIN MONEY FOR YOUR RECIPES
This Month's Winners, Pages 135, 136

# PRIZE TESTED RECIPES®

BETTER HOMES AND GARDENS TEST KITCHEN®

## THIS MONTH'S CATEGORIES

**Squash Side Dishes**
**Favorite Ice Creams**

**When you have a gardenful of squash on hand, what new meal accompaniment do you concoct? What original ice cream do you crank up when the urge for a frosty dessert hits?**

Write down and send us your original recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. The winning recipes will be photographed and featured on the Prize Tested Recipes® pages of *Better Homes and Gardens*® next September. Each of the 10 winners will receive a certificate and six copies of the recipe that was submitted.

## HINTS TO HELP YOU

**Squash Side Dishes:** You can use any type of winter squash (acorn, spaghetti, butternut, hubbard, chayote, and so forth). Is your meal-mate low in calories or especially healthful? Have you devised a recipe that's a hit with your kids? **Hints: spaghetti squash alfredo, curried acorn puree, carrot-filled hubbard.**

**Favorite Ice Creams:** The sky's the limit when it comes to inventing a new ice cream, sherbet, sorbet, or frozen yogurt. Do you start out with a cooked custard or simply stir together the base for your frozen treat? Perhaps your creation begins with a convenient ingredient such as ice-cream mix or pudding mix. **Hints: grasshopper ice cream, café au lait sherbet, apricot-yogurt freeze, double-fudge brownie ice cream, gingered pear sorbet.**

## WINNERS IN THIS ISSUE

**$100 Winners**

Randy Hieronymus, Coral Springs, Fla.
Mrs. Sandra Husen, Bonifay, Fla.

**$50 Winners**

Marjorie Childs, Brigham City, Utah
Mrs. Francis J. Raymond, Clarksville, Ind.

**Honor Roll Winners**

Marilyn Byrd, Jemez Springs, N.Mex.; Pauline F. Callen, La Porte, Ind.; Brenda Gaylord, Hanover Park, Ill.; Nancy Lewis, Hattiesburg, Miss.; Kathy Richardson, Houston, Mo.; Ruth Vanderkleed, Deadwood, S.Dak.

## CONTEST RULES

**1.** Clearly type or print your name, address, and recipe marked "September Squash Side Dishes" or "September Favorite Ice Creams." **2.** Specify brand names of the food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** All entries must be postmarked by midnight, February 29, 1988. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit the winning recipes. **7.** Address the recipes you enter to "September Squash Side Dishes" or "September Favorite Ice Creams," 8809 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation. BH&G



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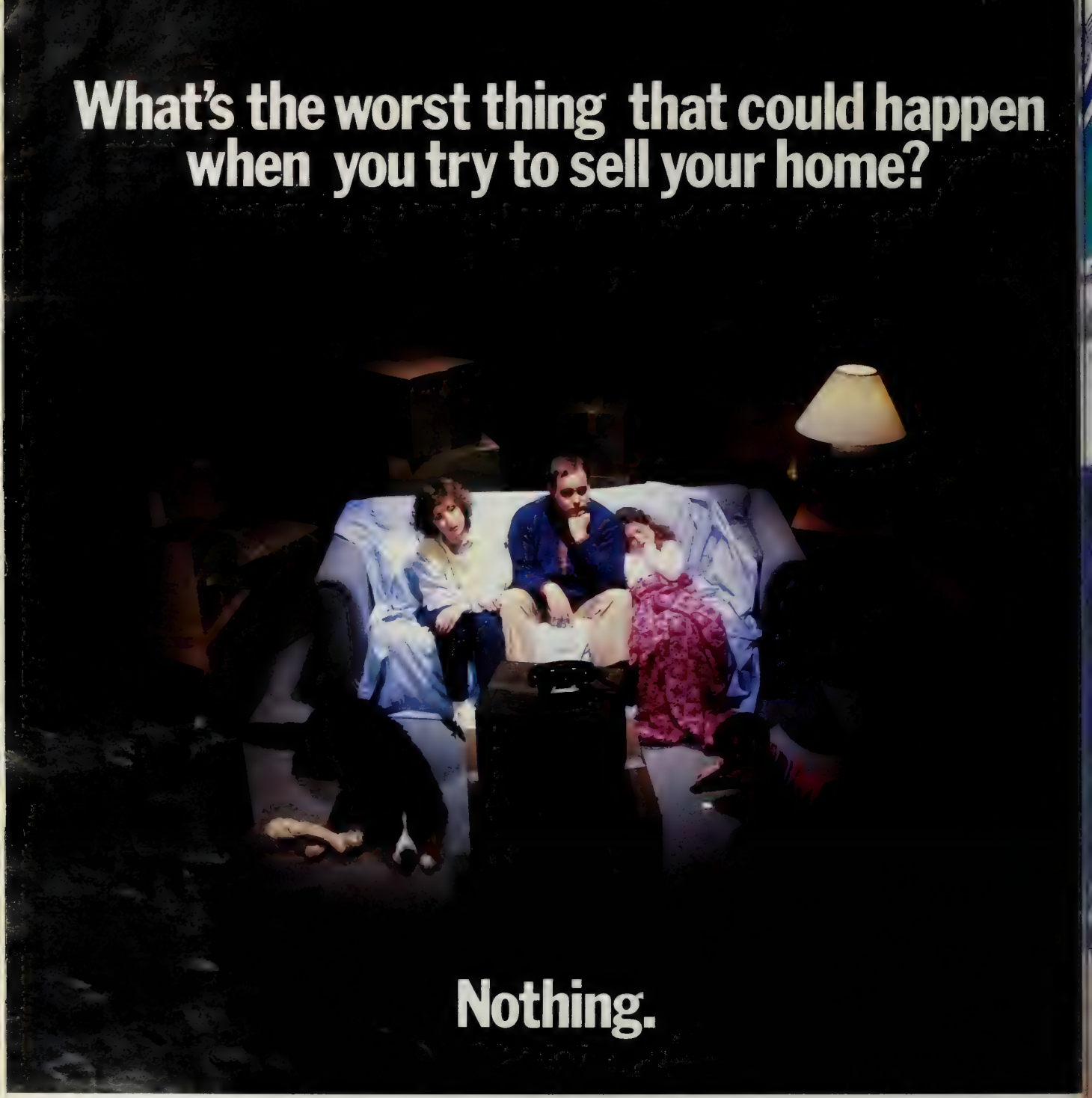
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# Introducing Weight Watchers® à la francais™ NONFAT YOGURT

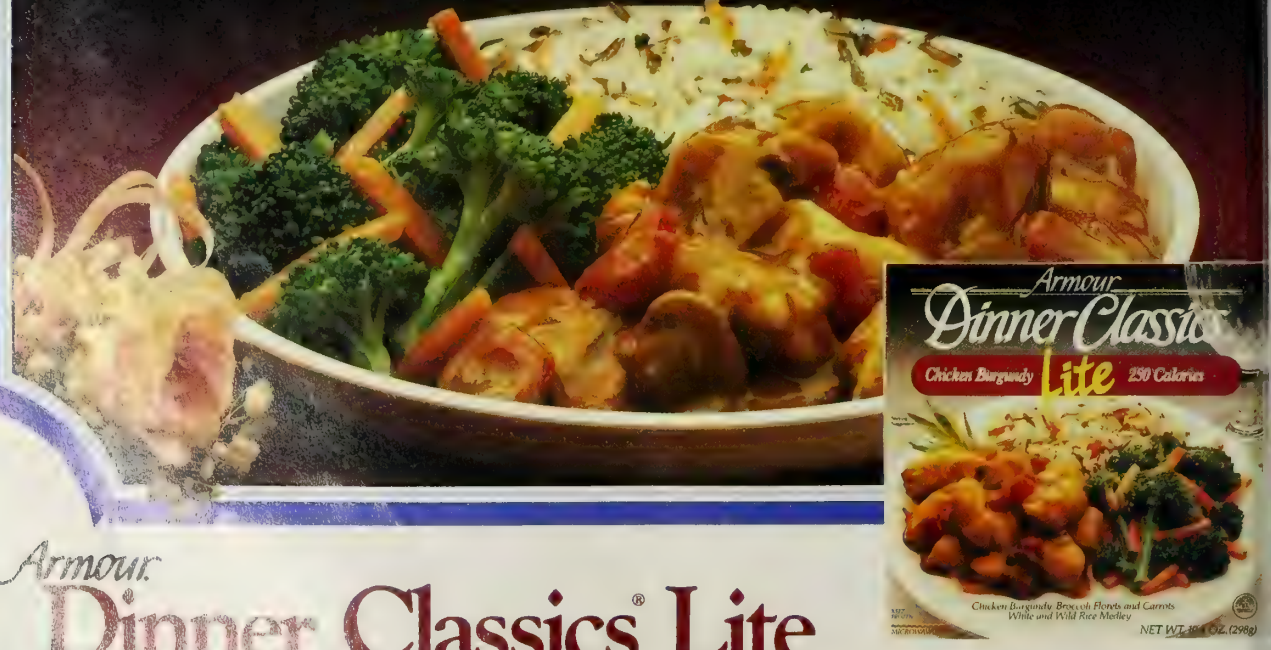



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Á la Francais comes in these oh-so-creamy flavors and other favor
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# A Complete Dinner...with less than 300 calories*




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Tastes great out of your microwave

# Special K® *Easy Almond Bars*

## With only 70 calories, you can indulge without the bulge.







### Special K® *Easy Almond Bars.*

- ⅔ cup corn syrup
- ¼ cup brown sugar, firmly packed
- ¼ teaspoon almond extract
- 6 cups *KELLOGG'S® SPECIAL K®* cereal
- ¼ cup chopped almonds

**1.** Measure corn syrup and sugar into large saucepan. Cook over medium heat, stirring constantly until sugar is dissolved and mixture bubbles. Remove from heat. Stir in almond extract. Add *SPECIAL K* cereal and almonds. Stir until well coated.

**2.** With back of spoon, press mixture evenly and firmly into buttered 13 x 9 x 2-inch pan. Let stand until cool. Cut into 1½ x 3-inch bars.

**Yield:** 24 bars. 1 bar = 70 calories

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*FREE COTTAGE CHEESE OFFER IN STORE.*




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Dole Pineapple and cottage cheese... perfect for a light, healthy meal! Our hand picked, sun-ripened pineapple adds sparkle to any occasion. And now when you buy five cans of Dole Pineapple, we'll give you a carton of cottage cheese... **FREE!**

**Look for displays at participating retailers.**






# The Secret to Creating Superb Chicken & Fish Dishes

Lea & Perrins White Wine Worcestershire Sauce, an exquisite blend of fine white wine and the choicest herbs and spices, adds a delicate, yet distinctive, taste to chicken, fish and lighter foods.

**FREE RECIPE BOOK** Send your name and address to: P.O. BOX 1579, RIDGELY, MD 21681

# FREE TEK Angler™

*($1.25 Retail Value)*



## *Clean teeth for the whole family*

Meaty Bone Dog Biscuits provide tasty teeth-cleaning exercise for your dog. ***And for you,*** TEK Angler with round-end bristles and angled handle—the kind recommended by dentists. See mail-in certificate for details.

*By Mail With Purchase Of*

**Meaty Bone® BRAND Dog Biscuits**




*Meaty Bone Brings Meat Back To The Bone.™*

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# A Touching Portrayal of a Baby's Innocence

Soon after Bessie Pease Gutmann introduced her original lithograph of "Awakening," this portrait of a happy, wide-eyed baby became a beloved part of millions of American homes. Now, "Awakening" appears for the *first time on an officially authorized, limited edition collector plate.* Art connoisseurs and Gutmann collectors alike are expected to compete heavily to own this first issue plate—especially since her 1985 "In Disgrace" plate already has been quoted as high as double its issue price!

"Awakening" premieres a collection of eight entitled *Bundles of Joy*—featuring adorable Gutmann infants. Each will be limited to a total of 14 firing days, numbered on its reverse, and accompanied by a Certificate of Authenticity.

As an owner of "Awakening," you will be guaranteed the right—*never the obligation*—to acquire all the other plates, in the sequence offered to you. And, under our *100% Buy-Back Guarantee,* you may return any plate for a refund within 30 days of receipt. And, since strong demand has already been seen for "Awakening," you should send your application *today!*

**Respond by: February 29, 1988**

*Limit: Two plates per collector*

Accept my application for "Awakening." I wish to purchase _____ (1 or 2) at $24.50 (plus $2.14 shipping and handling) each, for a total of $ _____ ($26.64* or $53.28*).

*Check one:* ☐ Check or money order enclosed.

☐ Charge my: ☐ Visa ☐ MasterCard ☐ American Express

Acct. No. _____

Exp. Date _____ 002664/005328 32045 CT

Ms./Mrs./Mr. _____

Address _____

City _____

State _____ Zip _____

Signature _____

**FL residents add $1.34 and IL residents add $1.87 per plate for tax.* All applications must be signed and are subject to acceptance. Allow 6 – 8 weeks from application date for shipment. Deliveries made only to the U.S. and its territories.

**The Hamilton Collection**

9550 Regency Square Blvd., P.O. Box 44051, Jacksonville, FL 32231

- 23K gold rim
- Limited edition
- Actual size: 8½"

## AWAKENING

*featuring original art by* Bessie Pease Gutmann




© 1987 Balliol, Inc., Rockford, IL

# BUYING GUIDE

For more information about products shown editorially in *Better Homes and Gardens®*, visit local stores or write the manufacturers listed below.

### DREAM HOME ALMANAC

**Page 17 (*center*): Door hardware**—Decorative Hardware, 203 Hilderbrand Dr., Sandy Springs, GA 30328. **Ceiling fixture**—American Lighting, 8655 Roswell Rd., NE, Atlanta, GA 30338. **(*Center right*): Home kit,** "Abilene"—Miles Homes, 4700 Nathan Ln., P.O. Box 9495, Minneapolis, MN 55440-9495. **Page 18 (*top left*): Windows**—Marvin Windows, 8043 24th Ave., S, Minneapolis, MN 55420. **Blinds,** "Bali Classics" Custom Pleated—Marathon Carey-McFall Co., P.O. Box 500, Montgomery, PA 17752. **Fan**—NuTone Div., Scovill Mfg. Co., Madison and Red Bank Rds., Cincinnati, OH 45227. **Fireplace**—Heatilator, 1915 W. Saunders Rd., Mt. Pleasant, IA 52641. **Fireplace tile,** "Azzurro,"—American Marazzi Tile, Inc., 55 Clay and Scyene Rds., Sunnyvale, TX 75182. **Flooring**—Kentucky Wood Floors, Inc., P.O. Box 33276, Louisville, KY 40232. **Chairs**—Swaim Originals, P.O. Box 4147, High Point, NC 27263. **Black tables**—Kartell USA, P.O. Box 1000, Easley, SC 29640. **Audiovisual system**—Hitachi Sales Corp. of America, 401 W. Artesia Blvd., Compton, CA 90220. **(*Top center*): Area rug**—Stark Carpet, 979 Third Ave., New York, NY 10022. **Fabric on sofa, chairs**—Brunschwig & Fils, Inc., 410 E. 62nd St., New York, NY 10021. **Fabric on pillows**—Pierre Deux, Inc., 870 Madison Ave., New York, NY 10021. **(*Top right*): Moldings:** Polymer—Fypon Molded Millwork, 22 W. Pennsylvania Ave., Stewartstown, PA 73263. Metal—W.F. Norman, P.O. Box 323, Nevada, MO 64772; Silverton Victorian Millworks, P.O. Box 2987, Durango, CO 81302. Plaster—Nostalgia, 307 Stiles Ave., Savannah, GA 31401. Wood—Bendix Mouldings, Inc., 235 Regasus Ave., Northvale, NJ 07647. **(*Bottom left*): Tile**—American Olean Tile Co., Lansdale, PA 19446. **(*Bottom center*): Chandelier**—Peerless Electric Merchandising Co., 195 Bowery, New York, NY 10002. **Table, chairs, sideboard,** "Replicas 1800"—Thomasville Furniture Ind., Inc., P.O. Box 339, 401 E. Main St., Thomasville, NC 27360. **Stag candle holder**—Sanger Harris Federated Stores, 303 N. Akard, Dallas, TX 75201. **Page 21 (*top left*): Flooring**—Marble Technics, 150 E. 85th St., New York, NY 10155; American Olean Tile Co. (address above); Bruce Hardwood Floors, 10806 Colbert Way, Dallas, TX 75218; Jason Ind., 340 Kaplan Dr., P.O. Box 507, Fairfield, NJ 07006; Congoleum, 195 Belgrove Dr., Kearney, NJ 07032; Armstrong World Ind., P.O. Box 3001, Lancaster, PA 17604; Tilecraft, Francisco Blvd., San Rafael, CA 94901. **(*Top right*): Tile**—Stonelight Tile Co., 1651 Madison Ave., New York, NY 10010. **(*Bottom center*): Tile**—Country Floors, Inc., 300 E. 61st St., New York, NY 10021. **Light fixtures**—Lightolier, Inc., 346 Claremont Ave., Jersey City, NJ 07305. **Coffee table, video screen**—Sony Corp. of America, 4737 Van Dam, Long Island, New York, NY 11101. **(*Bottom right*): Slide-out shelves, pantry cabinets**—St. Charles Mfg. Co., 1611 E. Main St., St. Charles, IL 60174. **Page 22 (*top left*): Countertops:** Corian—E.I. du Pont de Nemours, Inc., 1007 Market St., Wilmington, DE 19898; Fountainhead—Nevamar Corp., Odenton, MD 21113; Avonite, 12836 Arroyo Ave., Sylmar, CA 91342; Pionite—Pioneer Plastics Corp., Pionite Rd., Auburn, ME 04210; Wilsonart—Wilson Plastics Co., 600 General Bruce Dr., Temple, TX 76501; Formica Corp., 1 Cyanamid Plaza, Wayne, NJ 07470. **(*Top center*): Cane chair**—Conran's, 145 Huguenot St., New Rochelle, NY 10801. **(*Top right*): Sofa pillows, cocktail table**—Knoll International, 655 Madison Ave., New York, NY 10021. **Canister lights**—Prescolite Mfg. Co., 1251 Doolittle Dr., San Leandro, CA 94577. **Lamps**—Casella Interiors, 567 Lincoln Ave., Winnetka, IL 60093. **(*Bottom center*): Sink,** Abakka—International Bath and Tile, 4646 Convoy, San Diego, CA 92111. **Laminate countertop**—Formica Corp., 1501 Broadway, Ste. 1519, New York, NY 10036. **Light fixture**—Artimede, Inc., 150 E. 58th St., New York, NY 10155.

### 8 PRIZEWINNING NEW HOUSES

**Page 93: Carpet**—J&L Carpets, Dalton, GA 30720. **Tile,** "Bahama"—Tile Market Co., 41 W. Michigan, Orlando, FL 32801. **Exterior doors**—Kinco, Inc. of Central Florida, 1987 Corporate Sq., Longwood, FL 32779. **Fireplace**—Superior Fireplace, 4325 Artesia Ave., Fullerton, CA 92633. **Wet bar, sink,** "Dayton"—Elkay, 2222 Camden Ct., Oakbrook, IL 60521. **Page 94 (*Bottom right*): Cabinets**—Leicht/Euro-Systems, 13237 Saticoy St., North Hollywood, CA 91605. **Countertop,** Corian—E.I. du Pont de Nemours & Co., Wilmington, DE 19898. **Faucet**—KWC-Western States Mfg. Co., 40 Woodgrove St., Irvine, CA 92714. **Coffeepot**—Braun Appliance-USA, 55 Cambridge Pkwy., Cambridge, MA 02142. **Dishwasher, countertop stove**—Thermador, Div. of Norris Ind., 5119 District Blvd., Los Angeles, CA 90040. **Page 96 (*center right*): Cabinets**—Hills Cabinetry, P.O. Box 908, Banning, CA 92220. **Sink, tub**—Kohler Co., 44 Highland Dr., Kohler, WI 53044. **Shower doors**—Alumaglass Corp., 601 W. Fifth St., Beaumont, CA 92223. **Carpet**—Monterey Carpets, 1100 John Reed Ct., City of Industry, CA 91745. **Faucet, fixtures,** "Kallista"—Eurobath & Tile, 2915 Redhill Ave., F-102, Costa Mesa, CA 92626. **Glass block**—Pittsburgh Corning Corp., 800 Presque Isle Dr., Pittsburgh, PA 15239. **(*Bottom*): Carpet**—Monterey Carpets (address above). **Chairs**—Beverly Interiors, 4859 Gregg Rd., Pico Rivera, CA 90660. **Page 97 (*bottom left*): Coffee table**—Budji, 8814 Beverly Blvd., Los Angeles, CA 90048. **Bamboo mini blinds**—Carriage House Drapery, 2730 S. Harbor Blvd., Santa Ana, CA 92704. **(*Center right*): Kitchen chairs**—Pacifica, Inc., P.O. Box 1486, Lafayette, CA 94549. **Cabinets,** "Carmel"—Gordon Cabinet Shop, Riverside, CA 92502. **Sink, faucets**—Kohler Co (address above). **Bamboo mini blinds**—Carriage House Drapery (address above). **Page 98: Windows**—Joe Keith Industries, P.O. Box 27337, Tucson, AZ 85726. **Curtains**—J.D. Fabric, P.O. Box 174, Stoughton, MA 02072. **Dining room chairs**—Cal Style, 3015 E. Ana St., Compton, CA 90221. **Carpet**—Hollytex Diamond Floors, P.O. Box 85532, Dallas, TX 75285. **Living room chair**—Pacer Furniture, 2035





E. 37th St., Los Angeles, CA 90058-1494. **Hanging lamp**—Coment Lighting, P.O. Box 5370-103, Santa Ana, CA 92704. **Page 99 (*top*): Flooring**—Del Piso Brick & Tile, 1635 S. State College Boulevard, Anaheim, CA 92806. **(*Bottom*): Window**—Merzon Industries, 4385 W. Shaw Ave., Fresno, CA 93722. **Mini blinds**—M&B, 1819 S. Oak St., Los Angeles, CA 90015. **Carpet**—Texas Tuft Carpet Mills, Highway 6, S, P.O. Box 690, Industrial Park, Marlin, TX 76661. **Fireplace surround**—K&M Architectural, 11924 Vose St., North Hollywood, CA 91605. **Wicker furniture, fabric**—O-Asian Designs, Incorporated, 110 W. Walnut, Compton, CA 90220.

**THE ULTIMATE LIVE-IN KITCHEN**

*(Prices listed are suggested retail prices only and may vary by season and geographic location.)*

**Page 100: Refrigerator,** "Euroflair," $1,291—Frigidaire, Div. of White Consolidated Ind., 3555 S. Kettering Blvd., P.O. Box W.C. 4900, Dayton, OH 45449. **Freezer,** "Euroflair," $1,527—Frigidaire (address above). **Carpet,** "Ultrapoint," $29.15/sq.yd.—Karastan Rug Mills, P.O. Box 3089, Greenville, SC 29602. **Fabric on banquette,** "Windsurf," $58/lin. yd.—Boris Kroll Jacquard Looms, 979 Third Ave., New York, NY 10022. **French doors**—Morgan Company, 600 Oregon, Oshkosh, WI 54901.

**Page 101: Sink, faucet**—Franke, Inc., Kitchen Systems Div., P.O. Box 428, Hatfield, PA 19440. **Cooktop,** "Euroflair," $888 (controls $250)—Frigidaire (address above). **Teakettle,** "Alessi," $100—The Markuse Corporation, 10 Wheeling Avenue, Woburn, MA 01801.

**Page 102 (*top*): Under-cabinet lights**—Lightolier, 100 Lighting Way, Secaucus, NJ 07094-0508. **Oak floor,** "Longstrip Nordic Oak," $6 to $7/sq.ft.—Tarkett, Hardwood Div., P.O. Box 300, Johnson City, TN 37605. **Microwave,** "Euroflair," $347—Frigidaire (address above). **Double ovens,** "Euroflair," $1,791—Frigidaire (address above). **Cabinets**—Quaker Maid, Rte. 61, Leesport, PA 19533. **(*Bottom*): Countertops,** Corian—E.I. du Pont de Nemours & Co., Wilmington, DE 19898. **Coffee maker,** "Goldfilter" (FK61), $75—Rowenta, Inc., 281 Albany St., Cambridge, MA 02139. **Colander, enamel cookware,** "Le Creuset"—Schiller & Asmus, Inc., P.O. Box 575, Yemassee, SC 29945. **Knife**—Chicago Cutlery, 5420 N. County Rd. 18, Minneapolis, MN 55428. **Condiment set,** "Alessi," $150—The Markuse Corp. (address above). **Copper cookware**—Revere Copper and Brass Incorporated, Revere Ware Division, P.O. Box 250, Clinton, IL 61727.

**Page 103 (*top left*): Wine cooler,** "Euroflair," $1,978—Frigidaire (address above). **Wineglasses,** "Ulrica" (box of 2), $45—Kosta Boda USA, 233 W. Pkwy., Pompton Plains, NJ 07444. **(*Top right*): Television,** (KV-2080R) $699.95; **VCR,** (EV-A80) $550—Sony Corporation of America, 4737 Van Dam, Long Island, NY 11101. **Compact disc player, tape deck**—Bang & Olufsen of America, Incorporated, 1150 Feehanville Dr., Mount Prospect, IL 60056. **Compact discs**—Courtesy of The Carnegie Library of Pittsburgh, Pa. **Media cabinet**—Quaker Maid (address above). **(*Bottom left*): Chair**—Herman Miller, Inc., 8500 Byron Rd., Zeeland, MI 49464. **Lamp,** "Anade," $433—Artup Corporation, 3000 Shannon, Santa Ana, CA 92704. **Telephone,** "Trimline 220," $69.95—AT&T, 5 Wood Hollow Rd., Parsippany, NJ 07054. **Laminate on table bases,** "Wildrose"—Wilsonart, 600 General Bruce Dr., Temple, TX 76501. **(*Bottom right*): Glass table tops**—Bassett Mirror Company, P.O. Box 627, Bassett, WV 24055. **Recessed ceiling lights**—Lightolier, 100 Lighting Way, Secaucus, NY 07094-0508.

**FROM BOXY TO BEAUTIFUL**

**Pages 104–105: Wall paint,** Sears Nonyellowing White—Sears, Roebuck and Company, Sears Tower, Chicago, IL 60684.

**Page 106: Lamp**—Stiffel, McDowell & Associates, P.O. Box 15587, Winston-Salem, NC 27113. **Wing chair**—Sam Moore Furn. Ind., Inc., P.O. Box 339, Bedford, VA 24523. **Sofa**—Broyhill Furniture Ind., Inc., Attn: Advertising Dept., Broyhill Park, Lenoir, NC 28633.

**ORIENTAL DINNERS**

**Page 110: Platter**—Waechtersbach USA, Inc., 8300 NE. Underground Dr., Kansas City, MO 64161. **Plates,** "Rosso"—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611. **Saucepan**—Chantal, Lentrade, Inc., 10649 Haddington, Houston, TX 77043.

**Page 111: Wok set**—Crate & Barrel (address above). **Plate**—Sasaki Crystal, Incorporated, 600 Winters Avenue, Paramus, NJ 07652.

**PASTA PERFECT!**

**Decorative laminate backgrounds**—Nevamar Corp., 8339 Telegraph Rd., Odenton, MD 21113. Wilsonart Corporation, 600 General Bruce Drive, Temple, TX 76501.

**Page 112 (*top*): Flatware,** "Cia"—Trend-Pacific Inc., 507 Towne Ave., Los Angeles, CA 90013. **Plates,** "Black" and "White Shoulders"—Fitz & Floyd, 1371 Round Table, Dallas, TX 75247. **(*Bottom*): Plate,** "Trimster"—Anchor Hocking Glass Corp., Fifth and Pierce Sts., Lancaster, OH 43130. **Flatware,** Crown Corning—Corning Glass Works, Consumer Prod. Div., HP-EB-1, Corning, NY 14830.

**Page 113 (*top*): Plate,** "Ravenswood"—Royal Doulton USA Inc., 700 Cottontail Ln., Somerset, NJ 08873. **Silverware**—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, MA 02780. **Napkin ring**—Oneida Silversmiths, Oneida, NY 13421. **Napkins**—W-C Imports Inc., P.O. Box 4789, Carson, CA 90749. **(*Bottom left*): Dutch oven,** "Vision"—Corning Glass Works (address above). **(*Bottom center*): Knife**—Williams-Sonoma, 532 Sutter St., San Francisco, CA 94102. **Bowl,** Pyrex—Corning Glass Works (address above). **(*Bottom right*): Pasta server**—Ekco Housewares Co., 9234 W. Belmont Ave., Franklin Park, IL 60131.

**Page 114 (*top left*): Salad servers**—Rosti (USA), Inc., 2333 Morris Ave., Union, NJ 07083. **(*Top right*): Au gratin dish,** "Le Creuset"—Schiller & Asmus, Inc., 1525 Merchandise Mart, Chicago, IL 60654. **(*Bottom left*): Server**—Guzzini by Global Distributors, 8380 Miramar Rd., San Diego, CA 92126. **Soufflé, oblong dishes,** "French Chef"—Marsh Ind., 1224 E. 28th St., Los Angeles, CA 90011. **(*Bottom right*): Soup tureen, bowls,** "Peach"—Franciscan Ceramic Tile, 2901 Los Feliz Boulevard, Los Angeles, CA 90039.

**Page 115 (*top*): Plate,** "Calacatta"—Sasaki Crystal, Inc., 600 Winters Ave., Paramus, NJ 07652. **Wineglass,** "Angelique"—J.G. Durand International, 225 Fifth Ave., New York, NY 10010. **Napkin,** "Classico"—Williams-Sonoma (address above). **(*Bottom left*): Knife**—Williams-Sonoma (address above). **(*Bottom center*): Skillet,** "Magnalite Professional"—General Housewares Co., P.O. Box 4066, Terre Haute, IN 47804. **Trivet**—Hammacher Schlemmer, 147 E. 57th St., New York, NY 10022.

**Page 116 (*top*): Casserole,** "Copcogold"—Copco, Inc., 2240 W. 75th St., Woodridge, IL 60517. **Trivet**—Kalmar Designs, Inc., Merrick Rd. & Beech St., Wantagh, NY 11793. **Spoon**—Ecko Housewares Company (address above). **(*Bottom*): Salad servers**—Guzzini by Global Distributors (address above).

**PRIZE TESTED RECIPES®**

**Page 135 (*left*): Coffeepot, plates, cups, saucers,** "Monaco"—Sodahl America, Inc., 600 Cleveland St., Suite 990, Clearwater, FL 33515. **Pie plate,** Pyrex—Corning Glass Works, Consumer Products Div., HP-EB-1, Corning, NY 14830. **(*Right*): Plate,** "Reflections"—Franciscan Ceramic Tile, 2901 Los Feliz Blvd., Los Angeles, CA 90039. **Fork,** "Edinburgh"—WMF of America, 85 Price Parkway, Farmingdale, NY 11735.

**Page 136 (*left*): Platter, plate,** "Heritage"—The Pfaltzgraff Company, P.O. Box 1069, York, PA 17401. **Pitcher,** "Gazebo White"—The Pfaltzgraff Company (address above). **(*Right*): Plate, bowl,** "Swan Lake"—Kosta Boda USA Limited, 225 Fifth Avenue, New York, NY 10010.





*The Golden Collection. Only from Hershey.*

When your dog is more than just a pet, you want to feed him more than just a "dog food."

That's why Purina developed a very special dog food that embodies the kind of nutritional care you want to give your dog.

It's Purina O.N.E.® brand dog food. Short for "Optimum Nutritional Effectiveness."

**"I never had a dog when I was a kid. I'm making up for lost time with Sneakers."**

It's special because it's made with high quality ingredients, like real chicken, wheat and rice. And it's free of things that don't benefit your dog, like artificial colors and flavors.

It's special because it contains more protein and energy per ounce than the leading dry dog food.

And special because it's highly digestible. Which means your dog can utilize more of the good things that are in it.

Your dog will think it's special, too. In taste tests Purina O.N.E. was preferred by dogs over the leading national dry dog foods.

So if you love your dog so much you feel you can't do enough for him, here's a way to come close.

Purina Helping pets live longer, healthier lives™ © Ralston Purina Company. 1987




For that one dog. Yours.



# PET DENTAL CARE

## KEEP YOUR DOG'S AND CAT'S TEETH HEALTHY

By Marilyn Jensen




**Regular brushing can ward off a host of problems.**

**Veterinarians report that by the age of six years 90 percent of all cats and dogs suffer from some form of dental disease.**

Pets have good natural defenses against tooth decay. Their real problem is plaque and tartar buildup, brought on over the years by the soft food in your dog's or cat's diet. Crisp foods and leather chew sticks help, but they fail to clean teeth at the gumline, where tartar and plaque buildup cause bacteria to form. Untreated, this bacteria can lead to generalized infection, even heart disease. The earlier that periodontal disease is caught, the better.

### Bad signs

If your pet shows any of the following symptoms, see a veterinarian:

- **Persistent bad breath**
- **Tartar formation** (creamy-brown spots on teeth)
- **Inflamed gumline**
- **Bleeding or receding gums**
- **Loose, infected, or missing teeth**

To treat periodontal disease, a veterinarian will clean your pet's teeth to remove tartar and plaque. The veterinarian will then recommend regular brushing along with periodic checkups.

*—Marilyn Jensen is an associate editor on* PULSE *magazine, published by the Southern California Veterinary Medical Association.*

### Preventive brushing

You can help control plaque and tartar buildup in your pet's mouth with a once-a-week brushing (daily brushing is best). Plaque left unbrushed any longer will harden, becoming much more difficult to remove. Make a simple brush by wrapping a moist gauze pad or clean washcloth around your finger. Brush both sides of each tooth, going from the gumline to the crown, using a circular motion. Later, massage the gums with clean gauze dipped in water.

An extra-soft-bristled toothbrush especially designed to fit a pet's mouth helps make the job easier. Ask your veterinarian where to find one. Some folks also use a water toothpick or water pistol to remove deeply wedged food particles. Various products, including dentrifice with a beef flavor designed to appeal to a pet's taste, are available at veterinarians' offices and at pet shops. *Do not use* human toothpaste or a baking soda solution. Both contain ingredients that may be harmful to a pet.

### Be careful and be gentle the first few times you brush

If you start brushing when your pet is young, it will grow used to the routine, quickly. With older pets, brush only the front teeth, brushing while their jaws are closed. Talk soothingly and heap praise on your pet the whole while.

# YOU CAN WIN MORE THAN $100,000 IN PRIZES

ANNOUNCING!

# THE 1988 BETTER HOMES AND GARDENS® HOME IMPROVEMENT CONTEST!

1988 HOME IMPROVEMENT CONTEST

**If you're making your home bigger, better, or more beautiful, you could be a winner! We're searching America for the freshest, smartest ideas in home fix-ups. Large or small, if your project has pizzazz—this contest is for you!**



1986 winner in the exterior category.



Winners from 1986: The Hydukes and the Reeds.

## PICK YOUR CATEGORY

You can win in any of seven categories! We'll give cash awards for large, medium, and small projects in each of the following categories:

- **EXTERIOR FIX-UPS**
- **OUTDOOR IMPROVEMENTS**
- **KITCHEN SHAPE-UPS**
- **BATHROOM REMODELINGS**
- **INTERIOR REDOS**
- **ADDITIONS**
- **WHOLE-HOUSE REDOS**

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products are incorporated into your project. (Examples: a kitchen revamp that includes new appliances or countertop surfacing, a family room add-on that includes new windows or vinyl flooring, or a whole-house redo that includes new carpeting or window blinds.) Besides your winnings, your entry may even be published in a future issue of *Better Homes and Gardens* magazine!

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any project completed in 1988 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or called in the professionals to help develop the design or supervise or complete the project.

So get busy on that project you've been planning! You could be a winner!

## HOW TO ENTER

**1. RIGHT NOW:** Complete and mail the preliminary entry blank opposite. We'll send you complete details, along with our official entry form.

- **All preliminary entries must be postmarked by October 1, 1988.**

**2. WHEN YOUR PROJECT IS DONE:** Send us the final entry form. (Get a head start now by saving floor plans, *Before* and *After* photos, and receipts that could make *your* project a winner!)

- **Final entries must be postmarked by February 1, 1989.**

**3. AND THE WINNERS ARE:** We will notify all winners by mail and publish top entries. See *page 69* of our January, 1988 issue for more 1986 winners.

# MANUFACTURERS' SPECIAL AWARDS: CASH, REFUNDS, PRODUCTS

**● Many of America's leading home improvement companies are cosponsoring our contest. The following manufacturers are offering special prizes in addition to a $500 cash award:**

**ARMSTRONG** will award cash to the three Best of Contest winners and all winners of kitchen, bathroom, interior, addition, and whole-house redo divisions if they've used Armstrong resilient flooring, ceilings, carpets, or Thomasville Furniture. The $10,000 winner earns $5,000 for each Armstrong product category used; $20,000 if all four are used. Both $4,000 winners earn $2,000 per category; $8,000 for all four. All $1,000 winners earn $500 per category; $2,000 for all four. The $500 winners earn $250 per category; $1,000 for four. The $250 winners earn $125 per category; $500 for four. All $100 winners earn $50 per category; $200 for four.

**THE ATRIUM DOOR & WINDOW CORPORATION** will refund the purchase price of one of The Atrium Doors and The Atrium Locks used by the winner of its $500 cash award.

**CONGOLEUM CORPORATION** will award $500 to each top winner in five categories: kitchen, bath, addition, interiors, and whole-house redo who use Congoleum vinyl floors. Congoleum will increase the prize to $1,000 in each category if the winner uses Congoleum inlaid vinyl floors. Proof of purchase needed.

**DU PONT CORIAN®.** In addition to the $500 cash prize for the best use of CORIAN®, Du Pont will provide a $1,000 award for the most creative use of CORIAN® including Sierra Dusk and/or Sierra Midnight. To qualify, purchase must be made through an Authorized CORIAN® Kitchen and Bath Dealer.

**ELJER PLUMBINGWARE** will refund the purchase price of Eljer fixtures and fittings (installation not included) used by a winning entry in the bathroom division. They will also refund the purchase price of an Eljer sink and fittings used by a winning entry in the kitchen division.

**FRIGIDAIRE** will refund the purchase price of any Frigidaire appliance used by the winning entrant in the kitchen division.

**HUNTER CEILING FANS** will award $500 plus a ceiling fan to one winner using a Hunter Fan in a decorative or fashionable manner.

**KIRSCH** will award $500 worth of Kirsch merchandise to one interior redo division winner if they've used a Kirsch window treatment. Proof of purchase must be submitted.

**KITCHENAID®** will refund the purchase price of either a top mount or side-by-side freestanding refrigerator used by one kitchen division winner.

**LA-Z-BOY CHAIR CO.** will reimburse the list price of any La-Z-Boy product used in a winning entry in the interior division.

**MERILLAT INDUSTRIES** will refund the purchase price of Merillat Cabinetry used by a winning entry in the kitchen division.

**MINWAX** will award one solid birch captain's chair, hand finished in Minwax color of winners choice, for best use of Minwax product.

**STANLEY®** will refund the purchase price of a STANLEY Insulated Steel Entry Door System and a STANLEY Steel Garage Door System for the winner(s) in the exterior, addition, and/or whole-house redo divisions. Also, STANLEY Tools will give an assortment of carpenter and mechanical tools with a toolbox to the grand prize winner. STANLEY will refund the purchase price of the STANLEY Programmable Thermostat, if it is used by the whole-house redo division winner. STANLEY will refund the purchase price of the STANLEY Automatic Garage Door Opener, if it is used by the addition and/or whole-house redo division winner(s). STANLEY will also refund the purchase price of a STANLEY Home Control, if the Control is used by the whole-house redo division winner(s).

**TAPPAN** will refund the purchase price of any Tappan appliance used by the winning entrant in the kitchen division.

**TARKETT®, INC.** will award an additional $500 to the winners of its $500 Cosponsor awards in both the kitchen shape-up and the whole-house redo categories, if either Tarkett Lifetime Inlaid Flooring™ or Tarkett Lifetime Brite Inlaid Flooring™ is used in the winning entries.

**TIMBERLINE® Asphalt Roofing Shingles by GAF®** will award $500 for the best use of a Timberline® roof to improve the overall look of a home (i.e., reroofing or tieing in an extension with an existing structure).

**TRU-TEST PAINT.** All division winners who use Tru-Test Paint (available only at True Value Hardware Stores and Home Centers) will be refunded the purchase price of the paint used in the project.

**WHIRLPOOL** offers one Whirlpool product of choice to both the kitchen division winner and the whole-house redo winner when the winner uses a Whirlpool product. Winners may choose one from the following list: a trash compactor, a microwave oven, or a Power Clean™ Energy-Saver dishwasher.

**WOOD-MODE.** The WOOD-MODE $500 cosponsor prize will be given to the best user of WOOD-MODE CABINETRY in the kitchen division, and a second $500 award will be given to the best user of WOOD-MODE CABINETRY in a room other than a kitchen.

## $500 CASH AWARDS

**Following is a list of cosponsors providing $500 for best use of product:**

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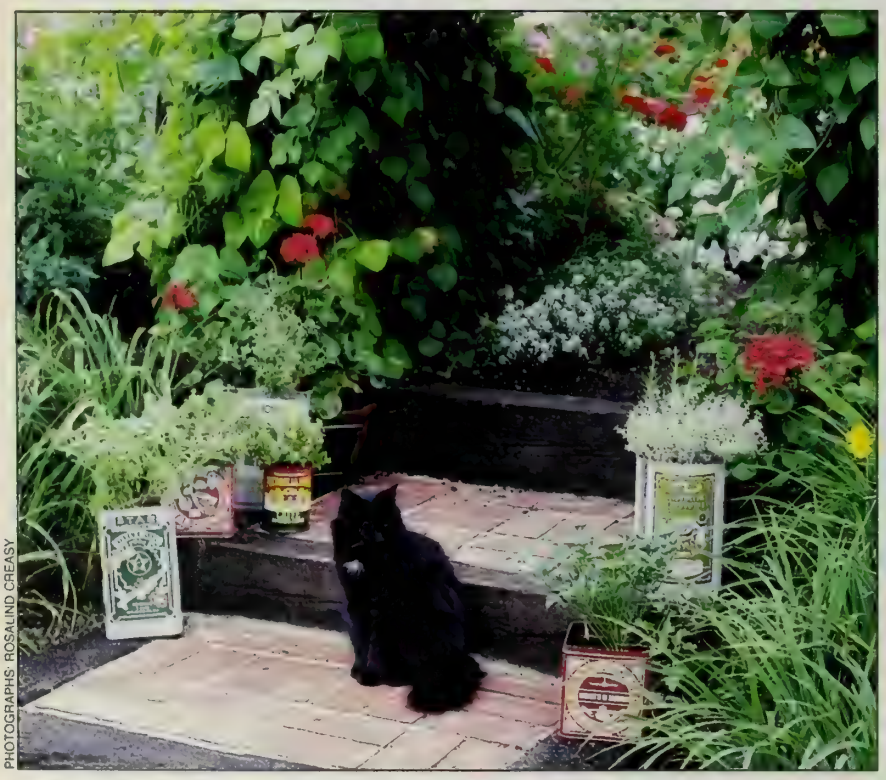
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# EDIBLE LANDSCAPING

## PLANTING VEGETABLES AND HERBS FOR THE BEAUTY OF THE BOUNTY



PHOTOGRAPHS: ROSALIND CREASY

By Douglas A. Jimerson

**When you're planning your landscape, don't forget to mix in some of your favorite herbs and vegetables. Many crops, like lettuce, cabbage, chive, dill, eggplant, basil, pepper, Swiss chard, and kale, are as good-looking as they are delicious.**

### HERBS IN POTS

Be creative when you plan your edible landscape. If you're short on garden space, grow herbs and flowers in pots and scatter them along a walk, stairway, or balcony. For extra color, use bright coffee, cookie, or olive-oil tins instead of clay pots.

### CHIVES WITH FLOWERS

Choose chives when you want a spring-blooming edging plant for your flower or herb garden. After the chive blooms fade, trim the plants back to 3 or 4 inches tall. New growth will appear in a week or two. Harvest chives at any time.

PHOTOGRAPH: ALAN ABRAMOWITZ. FIELD EDITOR: TRISH MAHARAM



# EDIBLE LANDSCAPING



## FENNEL AND FLOWERS

Use tall herbs like bronze fennel to frame a window or doorway. The plants grow 5 feet tall and produce spicy seeds, yellow flowers, and elegant, lacy foliage. Bronze fennel is perennial in warm climates.



## POTTED PEPPERS

Pack pots of peppers wherever you need an extra dose of summer color. Sun-loving hot pepper varieties are an especially good choice because they produce an abundance of red, orange, yellow, or purple fruits.



## AN ENDIVE BORDER

Spring is the best time to add endive and other salad greens to your flower border. These quick-growing crops look terrific planted next to early annual flowers like sweet william. Harvest before hot weather arrives.



## ORNAMENTAL KALE

Sow seeds of ornamental kale in midsummer for garden color next fall. Use the red and green, or white and green, leaves as a garnish, or cook as you would standard varieties. A curly-leaved variety is also available.



## PEANUTS AND SALVIA

The cool green, cloverlike leaves of Spanish peanuts are a refreshing break from the fiery red flowers of annuals like salvia. In the North, plant peanuts in mid-May for late September harvests.

## EDIBLE LANDSCAPING TIPS

- Add privacy with a quick-growing edible vine like scarlet runner bean, gourd, or pumpkin. If you don't have a fence or trellis, you can make a temporary vine support by stapling netting to a few 2×2s sunk in the ground. Netting is available at garden centers.
- If you need a ground cover for a small, sunny patch of soil, try alpine strawberries. These compact beauties produce handfuls of small sweet berries all summer long. Alpine strawberries are also known as fraises des bois.
- Frame your porch or patio with hanging baskets of tomatoes. Just be sure to water daily and feed with either a dry or liquid fertilizer. For best results buy small, trailing varieties like Minibel, Tiny Tim, or Cherry Gold.



**BACKYARD BONUS CROPS**

It's easy to transform a tiny patch of soil into a food and flower garden. This handsome, 6×8-foot backyard garden contains strawberries, dwarf marigolds, garlic chives, nasturtiums, purple basil, salvia, and a potted bell pepper plant.



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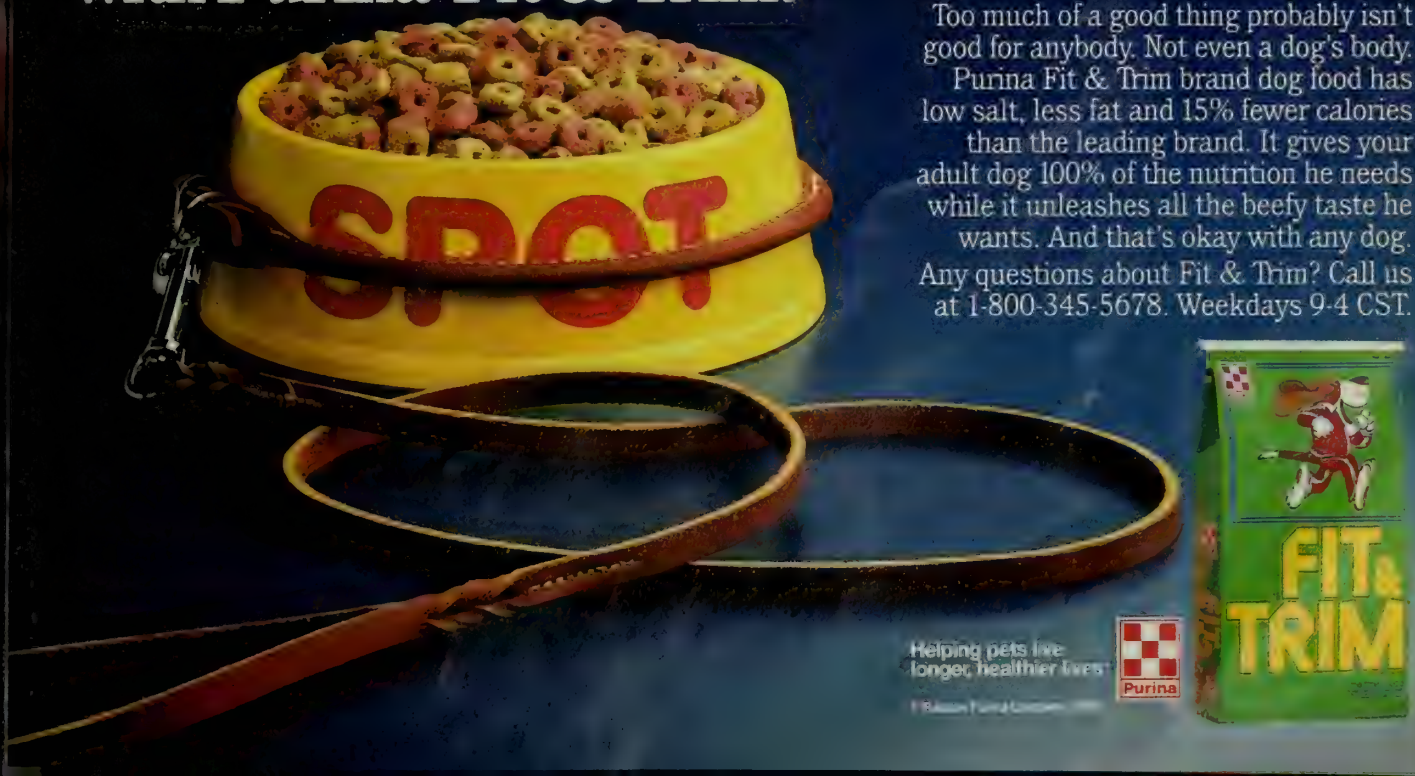
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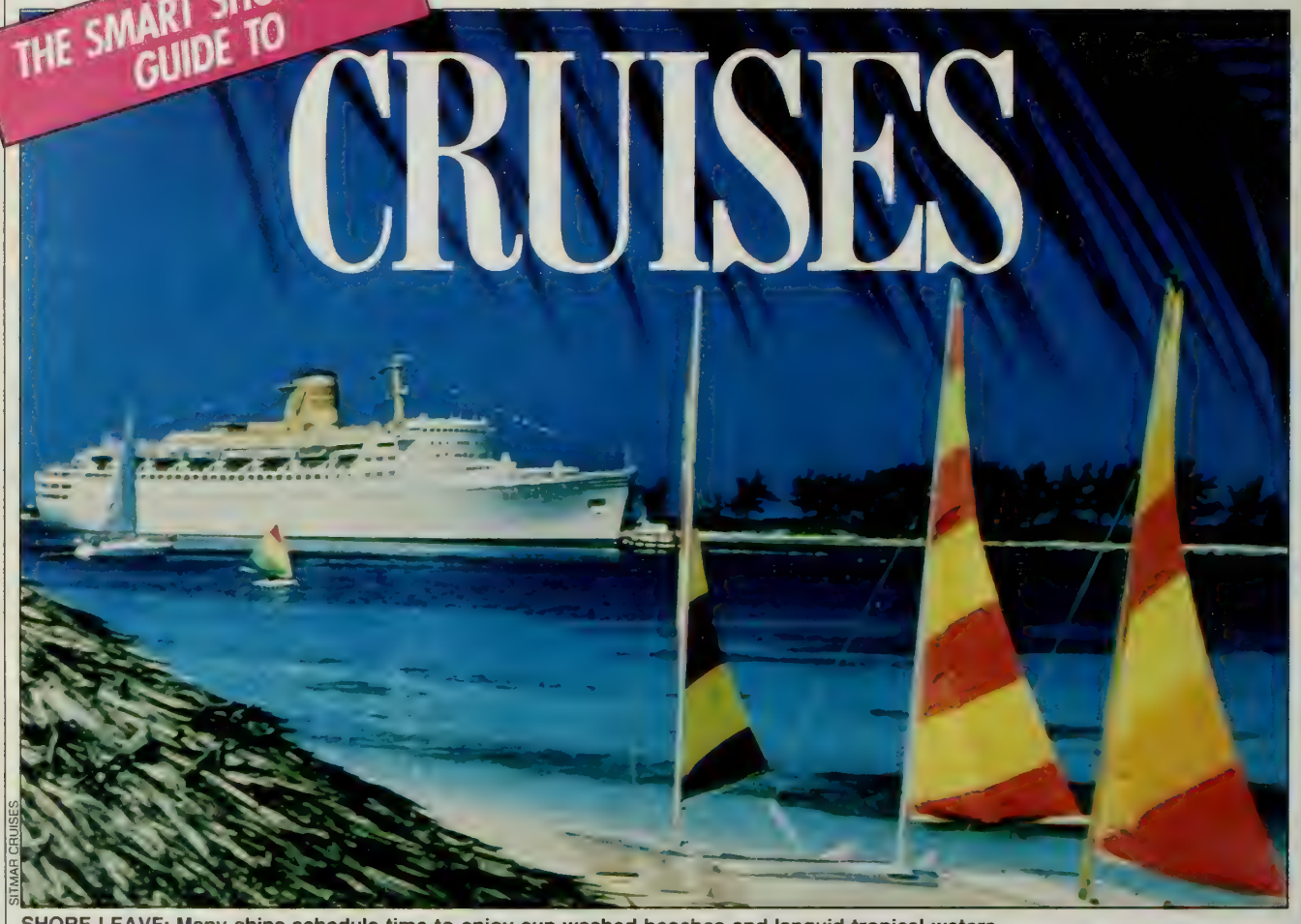
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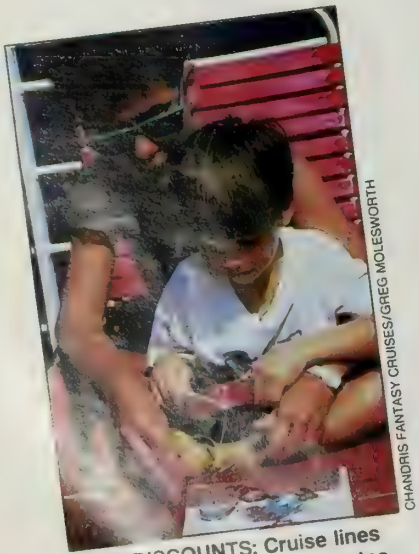
# CRUISES



SITMAR CRUISES

SHORE LEAVE: Many ships schedule time to enjoy sun-washed beaches and languid tropical waters.

- NEW SHIPS AND NEW KINDS OF CRUISES
- OFF-SEASON BARGAINS
- DISCOUNT DESTINATIONS
- GOOD REASONS TO USE A TRAVEL AGENT
- TIPS FOR SELECTING A CABIN
- SECRETS FOR SUPER SAVINGS



CHANDRIS FANTASY CRUISES/GREG MOLESWORTH

KIDS' DISCOUNTS: Cruise lines court families with special rates.

By Julie Rovner

You'll never find a better time to set sail on the cruise vacation of your dreams. With so many discounts around, there's really no excuse to pay full price for a cruise.

Since 1986, ultraluxurious new cruise ships have been christened at the rate of about one per month. And, with so many cabins to fill, the cruise-line industry is offering discounts that come in nearly as many varieties as the ships themselves.

Norwegian Caribbean Lines (NCL), for example, has a program designed for people who don't care where they sail. You pick the date you want to leave on your cruise, and NCL picks the ship and destination. Other lines have experimented with discount coupons and slick TV advertising campaigns to lure first-time cruisers (a travel agent can book you on any of the ships mentioned in this article).

*continued on page 157.*

*Julie Rovner takes an occasional break from her busy Washington political beat to cover travel for* Better Homes and Gardens® *magazine.*

1986 Hershey Foods Corporation



# Optical illusion.

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*continued from page 154.*

## NEW SHIPS AND NEW KINDS OF CRUISES

The size of ships is changing. The medium-size 1,000-passenger cruise liner is being joined by both larger and smaller vessels. Some just-launched ships are "superliners," such as Carnival's *Celebration,* that carry 1,500 to 1,800 passengers. The modern vessels offer multiple swimming pools, exercise equipment, and even running tracks. If you prefer more passive pursuits, many ships offer televisions complete with VCRs in every stateroom.

On the other end of the cruise spectrum, you'll find the luxurious "minicruisers," such as Society Expeditions' *World Discoverer.* These small ships transport 80–200 lucky folks into shallow harbors or secluded inlets that larger liners can't navigate, taking you to areas few tourists see.



EXCURSIONS: The accent is on adventure.

Cruises are also becoming more specialized, with destinations and onboard programs catering to everyone from nature lovers to families traveling with children to exercise enthusiasts, and even to mystery lovers.

## OFF-SEASON BARGAINS

You can save between 5 and 10 percent during less popular times when lines are eager to fill their cabins, and up to 20 percent during the least popular times of year. The "high" season for northern cruises is summer, so late spring and early fall are likely to be less expensive.

Fall is also the cheapest time for cruises to warm-weather climes, with rock-bottom prices the first two weeks of December (between the Thanksgiving and Christmas rushes). The price of a Caribbean cruise in winter can be $1,800 per person for eight days. In the fall, that price may drop to $1,200.



ROYAL CARIBBEAN CRUISE LINE

STAY ACTIVE: Exercise classes work off sumptuous meals.

## DISCOUNT DESTINATIONS

The ship you select has a lot to do with the price of your cruise. But destinations affect pricing as well. Cruises in the Caribbean or to the Mexican Riviera are less expensive than many others. The reason: There are so many ships cruising those areas that demand for passengers has skyrocketed. Cruises that leave from the U.S. mainland also tend to be less expensive than those that depart from island destinations, because the cost of bringing in provisions tends to be lower.

## GOOD REASONS TO USE A TRAVEL AGENT

Many lines will let you book your cruise yourself, but in most cases you'll save money—and probably have a better time—if you work with a travel agent who specializes in cruises. It's an agent's job to keep up with the latest developments in the cruise industry. They can fill you in on trendy new destinations and ships.

Travel agents often have access to special discounts and group fares not available to the public. They'll also help you choose the ship that's right for your budget and lifestyle. That way you won't end up with hundreds of rowdy partygoers when you really wanted to be alone with your sweetheart, nor will you find yourself having to dress for dinner when your taste runs more to cutoffs and T-shirts.

Most large travel agencies have separate cruise departments. You'll also find a growing number of agents who deal exclusively in cruises. About 300 agencies belong to an organization called the National Association of Cruise Only Agencies (NACOA). **For a**



ROYAL VIKING LINE

NEW ROUTES: Cruise the Panama Canal.

*continued on page 159.*


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*continued from page 157*

**list of NACOA members, send a stamped, self-addressed envelope to: *NACOA, Box 7209, Dept. BHG, Freeport, NY 11520.* Include states for which you want listings.**

## ▶ HOW TO SELECT A CABIN

Some of the newer ships contain one-size-fits-all cabins, and the cruise lines charge one rate for every passenger. But, much of the fleet still harks back to the earlier days of this century when cabin accommodations ranged from luxurious to Spartan.

If a ship's itinerary or amenities appeal to you, but the price seems a tad out of reach, remember that you can save a lot by booking a low-cost cabin, especially if you plan to use it only to shower and sleep. Inside cabins—without portholes or windows—are usually the least expensive (ironically, these cabins tend to be the most comfortable during periods of stormy weather, rocking back and forth less as the liner rides the waves). Smaller cabins are less expensive than larger ones, as are lower-deck cabins near the bow or stern of the ship, where noise and movement can be bothersome to some folks.

## ▶ SECRETS FOR SUPER SAVINGS

It may sound contradictory, but you can often save either by booking your cruise far in advance or by waiting until the very last minute. Not only do many cruise lines offer special discounts for those who can make plans up to six months in advance, you'll also get first choice of cabins and seating times for meals.

You may be able to get a terrific deal at the last minute as well, either through a discount travel club or by checking with the line itself. Because the least-expensive cabins sell first, sometimes you can get a roomier or more desirable cabin at the bottom price. That's because the cruise line would rather sail with a passenger who pays something than with a cabin that stays empty.



WINDSTAR SAILS CRUISES

**NEW WAVE CRUISING: The *Windstar*, a just-launched mini-cruise ship, uses computerized sails.**



BRADLEY OLMAN

**A VIEW FROM THE BRIDGE: Kids learn firsthand how the ship's officers plot the day's course.**

## ▶ FIND OUT MORE

To find the cruise that's right for you, do some research on your own. The International Cruise Passengers Association (***Box 9, Dept. BHG, Cynwyd, PA 19004***) is an independent group that rates cruise ships not only on quality of food and service, but on everything from overall cleanliness to sports facilities to shore excursion programs. Six times a year the ICPA publishes *Cruise Digest*, a newspaper for cruise passengers featuring reviews and in-depth features on ships currently cruising the world's waters.

The organization's evaluations of more than 230 oceangoing cruise ships are now available in bookstores as *The Berlitz Complete Handbook to Cruising* (Editions Berlitz, 1986, $12.95; on sale or on order at most bookstores). In addition to the ship ratings, the book also provides extensive useful information on selecting and booking a cruise, as well as a special section on cruising for the handicapped.

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# BRINGING HOME A NEW BABY

## (WHEN THERE'S A PET DOG IN THE HOUSE)

By Bob Devine

**Here's a scene that occurs all too often: The beaming parents of a newborn child bring their baby home from the hospital. When they open the front door, out bounds Bluto, their 300-pound Great Dane, tail wagging and ready for action. *Oops!***



DAVID JORDAN

**Kids and dogs can become lifelong friends.**

### Kids and canines

The parents forgot that pets must be prepared for a new baby's arrival just as the house and the baby's room are prepared. Of course, we're mainly talking about canine family members here. Turtles and goldfish are no problem. Cats might be more aloof than usual after a baby comes home. But they won't harm a baby (forget what you've heard about cats smothering babies). Whereas, on rare occasions dogs have been known to bite an infant when their adjustment to the baby has been neglected. Here's how to foster a healthy relationship between your dog and your baby so your baby will be safe and so dog and child will enjoy a special closeness for years to come.

### A gleam in your eyes

If you're planning on having children but you want to get a dog first, consider carefully which breed you choose. Tina Ellenbogen, a veterinarian and Information Service Director for the pro-animal Delta Society, points out that different breeds react to kids in different ways. People-oriented breeds like retrievers generally are very accepting. As Ellenbogen says, "Anything you bring into their life is great. If you bring home triplets they'll be three times as happy." However, some breeds may see babies as a threat to the relationship they have with their masters. To be sure, ask the advice of a veterinarian or a local humane society volunteer when selecting a breed.

Obedience training is especially important. Clearly, if you're going to have a baby, you'll want your dog to react instantly to your commands such as, "Bluto, down off the crib!"

Expose your dog to children and babies. Kids act erratically. Accustom your dog to that sudden squall.

### Counting down

In the months preceding the stork's arrival, you can refine that sturdy foundation you've established. Consider the relationship you have with your dog. An outdoor beast that you spot once a week baying at the moon won't even know that a baby's in the house. On the other hand, if you've been dressing little Gigi in doggie sweaters, brace yourself for some canine sibling rivalry. If your dog sleeps with you, find it a new bed elsewhere.

Get a baby-sized doll and treat it like a baby. Rock it, take it into your bed, feed it, and see if your dog gets jealous or aggressive. It's better to find out with a baby that has plastic toes.

Dogs experience life through their noses, so give them a preview of the baby's smells. Take them into the baby's room for a whiff of baby lotion. Before the homecoming, send along an item of clothing that the baby wore in the hospital and let the dog snuffle it.

### The homecoming

Your baby's safety comes first. According to Dr. Alan Beck, a prominent animal behaviorist, it's vital to bear in mind that dogs are pack animals. From the time your dog is a puppy you must establish yourselves as the leaders of the pack. Then, when you bring your baby home, you need to impress upon your dog that even though the baby is the pack's new puppy, it is under *your* protection and must not be dominated. Note: Even if your dog takes to its submissive role, *never* leave a baby alone with it. In your absence, the dog may venture some dominant behavior.

*continued on page 164*

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# If you've been buying give your dog

## 1. Examine mouth.

Raise your dog's upper lip to view the teeth. Are they:

A. Clean, white and glistening. 15 pts.
B. Yellowed with signs of residue. 5 pts.
C. Decaying with evidence of tartar. 0 pts.

Like humans, diet plays a major role in canine oral hygiene. If you didn't check A, chances are you feed your dog a steady diet of wet foods, which can result in dental problems. Dry foods, however, help cleanse a dog's teeth and gums.



## 2. Check breath odor.

While examining the mouth, you may have noticed the animal's breath. Is it:

A. Unoffensive. 10 pts.
B. Foul. 5 pts.
C. Sour, or sweet. 0 pts.

Most supermarket dog foods are grain-based. If improperly processed, grain-based cereals ferment in your dog's intestines and cause gas. In addition, many of these brands add onion and garlic to enhance the flavor. Unpleasant mouth odors can arise from indigestion. Sour odors may result from vomiting, and sweet odors may indicate diabetes.



## 3. Inspect nose and footpad leather.

Feel the tip of your dog's nose. Is the skin:

A. Tough yet pliable, with a slightly moist appearance. 15 pts.
B. Stiff, crusty or dry. 5 pts.
C. Very hard or cracking. 0 pts.

The nose leather of a healthy animal is clean, smooth and resilient. Similarly, footpad leather should be smooth and tough, yet pliable. In contrast, nose or footpad leather that is dry or cracked may suggest a diet lacking essential nutrients and fatty acids.

## 4. Examine stool.

Stool size and consistency are good indicators of a dog's overall well-being. Is it:

A. Small and firm. 20 pts.
B. Large and hard. 5 pts.
C. Large and excessively soft. 0 pts.

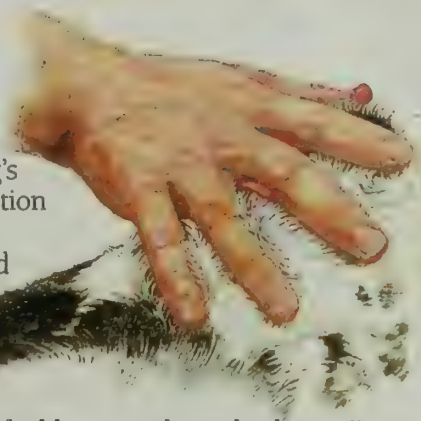
Stool volume is largely influenced by undigestible foods and enzyme deficiencies. While small, firm stools are easier to clean up, they also demonstrate your dog has properly assimilated all the crucial dietary nutrients.



Stool consistency indicates the quality of your dog's source of nutrients. Stool from a poor source may be soft. A hard stool can represent a mineral or fiber imbalance.

# supermarket pet food, his spot quiz.

## 5. Feel skin and coat.



Thoroughly comb your fingers through your dog's hair in the opposite direction it lies naturally. Is it:

A. Healthy, vibrant and free of flaky deposits. 20 pts.

B. Dry, lackluster and poorly elastic. 5 pts.

C. Excessively oily, smelly with uneven growth. 0 pts.

There are normal variations in different breeds of dogs at different times of the year. However, poor nutrition always adversely affects skin and hair. Dogs that exhibit healthy skin and hair eat a diet with the proper balance of fats and protein, vitamins and minerals.

## 6. Evaluate muscle tone.

Feel along your dog's front shoulders and hindquarters. When compared to other dogs of the same size or breed, are the muscles:



A. Large and firm, yet supple. 20 pts.

B. Medium and soft. 5 pts.

C. Small and weak. 0 pts.

Good muscle development is directly related to physical activity and protein quality and quantity. Dogs that score high eat meat protein foods and follow a regulated program of feeding and exercise.

## If your dog scored 95 or less, don't just change dog food, change where you buy it.




All dogs have dietary requirements that demand quality sources of protein. And meat best meets those requirements.

However, many leading supermarket dog foods rely on grains for their main source of protein.

Iams dog food isn't sold in supermarkets. It's sold only in pet shops, pet supply stores and feed stores. Sold by veterinarians, breeders and pet specialists. People who understand a dog's nutritional needs. And that's why they recommend Iams.




They know that by feeding Iams you'll notice a discernible difference in your animal's health and well-being. Because Iams Chunks, MiniChunks, Biscuits and Puppy Food are formulated to exceed a dog's special requirements.

Our foods are dry, made without any artificial color or flavor enhancers. If your dog can't use it, neither can we.

Dogs like the taste of Iams because we give them what they crave naturally–meat protein.

And Iams makes Eukanuba and Eukanuba For Puppies with even higher ratios of protein from chicken.

If you'd like to know more, visit an Iams retailer or simply call 1-800-525-IAMS (4267).

Settle for anything less and you'd be failing your dog.

IAMS

## Special pet foods found only at special stores.

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★ THE VET GAZETTE ★

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HEARTGARD-30 ends the need to medicate your dog every day.

Free yourself from dosing your dog daily for heartworms.

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Heartgard 30® (ivermectin)

**COMPOSITION:** Each HEARTGARD-30 tablet contains 68, 136, or 272 micrograms ivermectin. **INDICATIONS:** HEARTGARD-30 is for use in dogs to prevent heartworm disease caused by *Dirofilaria immitis* by eliminating tissue stage larvae. **PRECAUTIONS:** Dogs should be tested by your veterinarian for existing heartworm infection prior to starting treatment with HEARTGARD-30. A mild hypersensitivity-type reaction, involving a transient diarrhea, may occur after the treatment of dogs infected with circulating microfilariae. When given at many times the recommended dose, ivermectin (the active ingredient in HEARTGARD-30) causes serious adverse reactions, including death, in certain dogs, particularly those of the collie breed. **Observe collies closely for at least eight hours after treatment. If unusual signs, such as dilated pupils, depression, or a staggering gait are seen following treatment, contact your veterinarian immediately.** HEARTGARD-30 is not effective for treatment of adult heartworm infections or for clearance of microfilariae. **CAUTION:** Federal (U.S.A.) law restricts this drug to use by or on the order of a licensed veterinarian. Keep this and all drugs out of the reach of children. See your veterinarian for complete information.

MSD AGVET
Division of Merck & Co., Inc.
P.O. Box 2000
Rahway, NJ, USA 07065-0912

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## PETS AND BABIES

*continued from page 160*

By giving your dog plenty of attention *at the proper time* you can create a healthy bond between your dog and your baby. The champion of this approach is Dr. Benjamin Hart, a veterinarian and Director of Behavioral Service at the Veterinary Hospital of the University of California, Davis.

Hart says that most parents with a newborn realize that their dog needs special attention, but they give it at the wrong time. Prime example: When the baby takes a nap, the parents play with the dog. When the baby wakes up, the parents ignore the dog and focus on their baby. This timing makes the dog associate the baby's absence with good times and its presence with bad times.



**Make your dog associate the baby with good times. Pet it when the baby is awake. Ignore your dog when the baby is asleep.**

To break this destructive cycle, you have to make the dog associate the baby with good times. Pet the dog, play with it, give it treats when the baby is awake. Ignore your pet when the baby is asleep. As Hart says, "What you want is for the dog to think, 'Boy, I sure wish that baby would wake up so I can get some attention again.'" Within a couple of weeks you can start returning to a normal routine.

### Pals for life

First babies cause the most problems. After being around your first child—particularly if the interaction is handled well—your dog should smoothly adjust to any subsequent babies. If severe behavior problems do arise (with your dog, not your kid), contact your veterinarian. A sound relationship between your baby and your dog can protect your baby in the future. Over the years, you're bound to slip up once or twice and leave your baby alone with your dog, but if your pooch has turned into baby's best friend, he's far more likely to slurp than snap. BH&G

*—Writer Bob Devine and his wife, Mary, are preparing their "all-American" dog, Meeka, for a new arrival.*

THE ASHTON-DRAKE GALLERIES

*In Pursuit of the Unique*

*The Ashton Drake Galleries presents a dashing young sailor...*

# "MATTHEW"

*A handcrafted porcelain doll so life like, he'll sail right into your heart*




From the twinkle in his eye to the impish way he's already wiggled out of one shoe, "Matthew" is all boy – and picture-perfect in his old-fashioned sailor suit.

The new baby boy in *Yolanda's Picture-Perfect Babies* collection by Yolanda Bello, "Matthew" is the essence of a curious little tyke exploring the world around him with innocent delight.

Commissioned by the Ashton-Drake Galleries, he represents the centuries-old tradition of classic character dolls – dolls so treasured, many become heirloom collectibles cherished for generations.

## A Masterpiece of the Dollmaker's Art

"Matthew" is meticulously handcrafted with head, arms and legs cast of fine porcelain that's hand-painted in soft, lifelike colors. His sailor suit is carefully hand-tailored and trimmed with satiny stripes and antique nautical buttons. His removable sailor's tam is topped with a jaunty red pompom, and even his blue satiny blanket matches his adorable outfit. As a final touch, "Matthew" bears the signature of artist Yolanda Bello as well as the hallmark of the Edwin M. Knowles China Company... renowned for its long tradition of quality porcelain.

## An Ashton-Drake Galleries Exclusive

"Matthew" can be yours to cherish for only $58.00. But you must act promptly...this extraordinary doll is issued in an exclusive edition. Each doll is individually hand-numbered and accompanied by a matching numbered Certificate of Authenticity.

## Your Satisfaction is Completely Guaranteed

You may, without hesitation and for any reason, return "Matthew" to us at any time within one full year after you receive him. We will refund your purchase price, including postage, with no questions asked.

© 1987 The Ashton-Drake Galleries
212 West Superior Street
Chicago, Illinois 60610

AD-1060

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**RESERVATION FORM**

PLEASE RESPOND BY:
March 15, 1988

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212 West Superior Street
Chicago, Illinois 60610

**YES** Please enter my reservation for "Matthew," from *Yolanda's Picture-Perfect Babies* collection. Limit: One doll per customer.

I understand that I need SEND NO MONEY NOW. I will pay for "Matthew" in three convenient monthly installments of $19.33* each, the first being billed before shipment of "Matthew."

X _____
Signature Date

Name (please print) _____

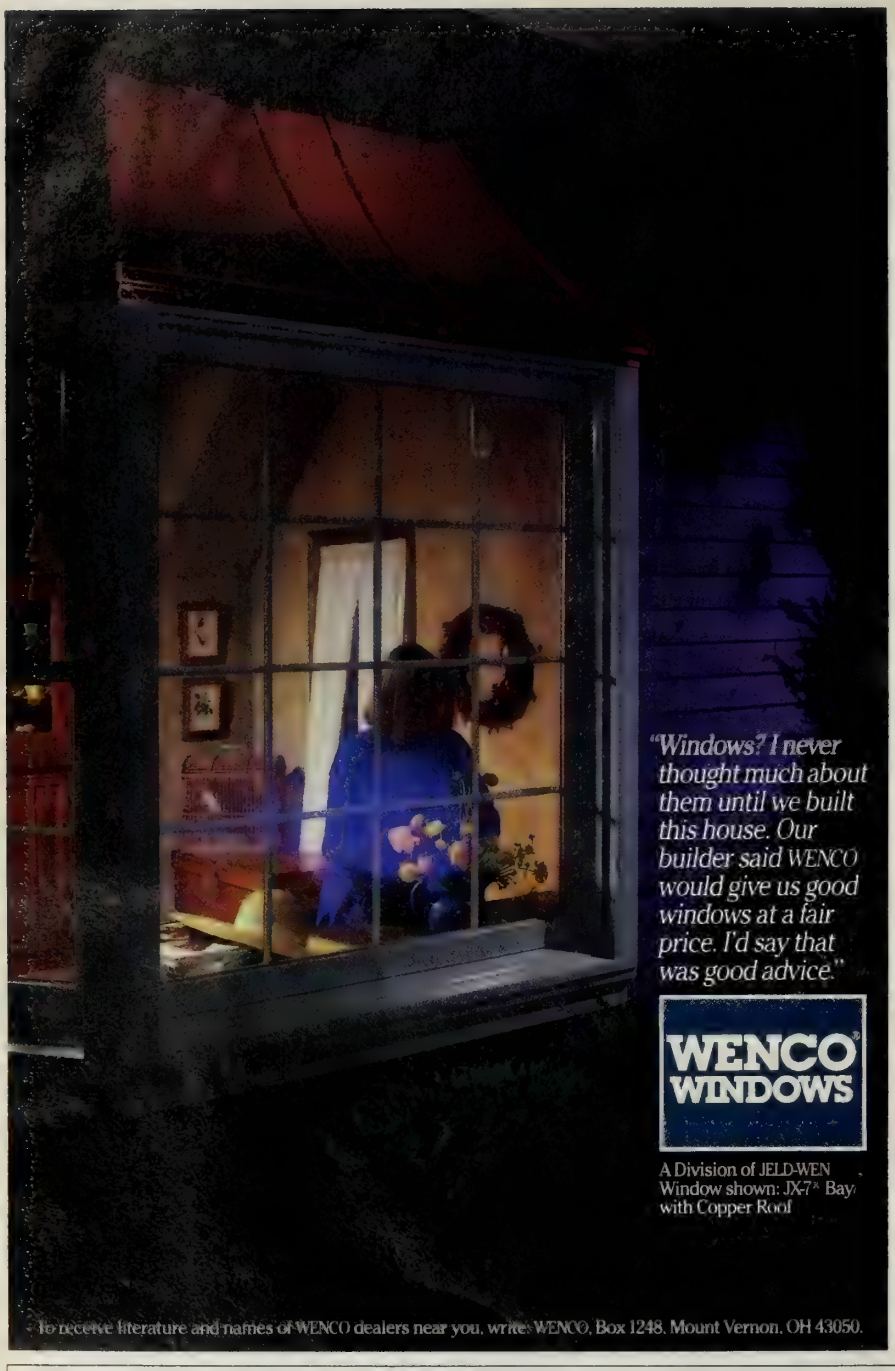
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FOOD

# BEST-EVER GINGERBREAD

## FIXES FAST, TASTES GREAT!

**You can add warmth to a crisp fall afternoon with the luscious scent and taste of gingerbread. Set off the rich, spicy flavor with whipped cream and lemon sauce. With our delectable classic recipe, making gingerbread is almost as easy as boiling water and stirring in the other ingredients.**



SCOTT LITTLE

**Classic Gingerbread: Sugar and spice—it's nice! It's easy, too.**

### CLASSIC GINGERBREAD

*You'll love the comforting textures of the warm cake and its toppings—*

**1 cup boiling water**
**½ cup shortening**
**1 cup molasses**
**2½ cups all-purpose flour**
**½ cup sugar**
**1 teaspoon baking soda**
**1 teaspoon ground ginger**
**½ teaspoon ground cinnamon**
**½ teaspoon ground cloves**
**1 egg**
**Whipped cream**
**1 recipe Lemon Sauce**

In a large mixer bowl pour the boiling water over the shortening; stir to melt shortening. Stir in molasses. Stir together flour, sugar, baking soda, ginger, cinnamon, and cloves. Gradually add dry ingredients to molasses mixture; beat only till blended. Add egg; beat smooth. Pour into lightly greased and floured 10-inch fluted tube pan. Bake in a 350° oven for 45 to 50 minutes or till cake tests done. Cool on wire rack 10 minutes. Unmold and cool on wire rack completely, or serve warm. To serve, spoon whipped cream on slice of cake and pour Lemon Sauce over cream. Makes 12 servings.

***Lemon Sauce:*** Combine ⅓ cup *sugar,* 4 teaspoons *cornstarch,* and 1 cup *cold water.* Cook and stir till thickened and bubbly. Cook 2 minutes more. Stir in ½ teaspoon finely shredded *lemon peel,* 2 tablespoons *lemon juice,* and a few drops of *yellow food coloring* (optional). Cover surface with waxed paper; cool. Makes 1½ cups sauce.

*Per serving with whipped cream and sauce:* 324 cal., 4 g pro., 51 g carbo., 12 g fat, 32 mg chol., and 111 mg sodium. U.S. RDA: 13% thiamine, 14% iron.




# Perfectly Packable Pudding.

**New Jell-O® Pudding Snacks** are perfect to pack in lunches because, just like sandwiches and other lunch foods, each cup stays good and fresh all day without refrigeration. And without preservatives. No artificial colors or flavors, either. New Jell-O® Pudding Snacks are 70% skim milk, so you'll find them in your grocer's dairy case. Then you'll find them perfectly packable in a lunchbox, in a briefcase, in a picnic basket...




GENERAL FOODS

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# FIREPLACE FACE-LIFT

## CURVE A WALL AROUND THE FIREBOX



PHOTOGRAPH: JESSIE WALKER DESIGN, JOHN HALEY

**AFTER:** Curvilinear and contemporary, the face-lift pays off in good looks.



**BEFORE:** Outmoded and awkward.

**What can you do with a fireplace that sticks out like a sore thumb? Throw a curve at the problem. Build a new wall shaped in a gentle arc sweeping from one end of the fireplace wall to the other. You'll be amazed at the difference.**

### THE PROBLEM WAS . . .

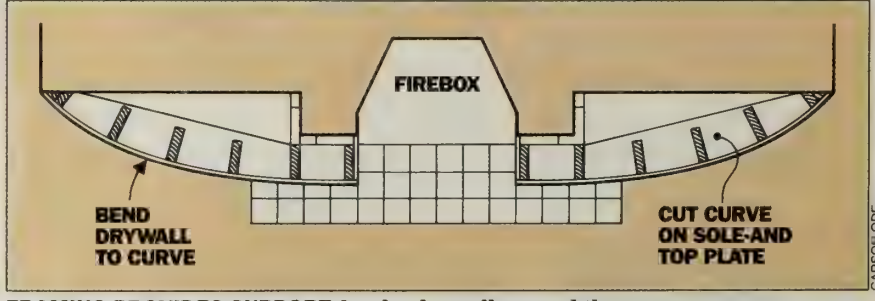
An undistinguished fireplace in a narrow room cried out for a new look. The homeowners wanted an up-to-date family room.

### HERE'S THE SOLUTION

Cut a gradual curve in 2×12-inch lumber to form bottom and top plates for the framework of the new fireplace wall. Keep the arc of the curve gentle. Nail 2×4s to the bottom and top plates every 12 inches around the curve to provide a solid nailing surface. Bend ½-inch drywall to the shape you've created (see our how-to box), and nail the drywall in place.

### HOW TO BEND DRYWALL

The gentler the curve, the easier it will be to bend the drywall. To prevent breaking, brush water on the drywall's paper back until the moisture has penetrated to the gypsum. Let it soak overnight, and the next day it will bend readily. Note: Above the firebox, you'll need to build a separate grid of 2×4s. BH&G




CARSON/ODE

**FRAMING PROVIDES SUPPORT** for the drywall around the curve.

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Discover new Mousse Classique™.
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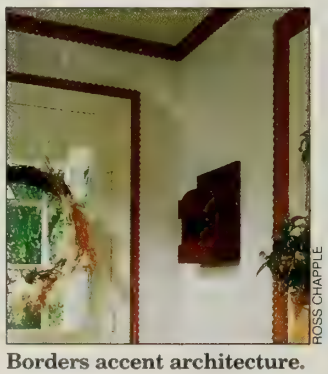

# BORDER LINES

## FRAME YOUR WALLS IN STYLE

**Looking for a way to perk up papered or painted walls? Head for the borders! Available in a variety of styles, wall covering borders frame a wall with color and character.**

### BORDER BASICS

Easy to apply and relatively inexpensive (averaging $7 to $15 per 5-yard roll), borders offer a popular, do-it-yourself way to decorate walls. The strips of paper or vinyl come in modern and traditional styles, some of which mimic hand-painted stencils or hand-carved moldings. Now most wall coverings are offered with matching borders. Borders are also sold separately.



ROSS CHAPPLE

**Borders accent architecture.**



COURTESY OF UNITED WALLCOVERINGS

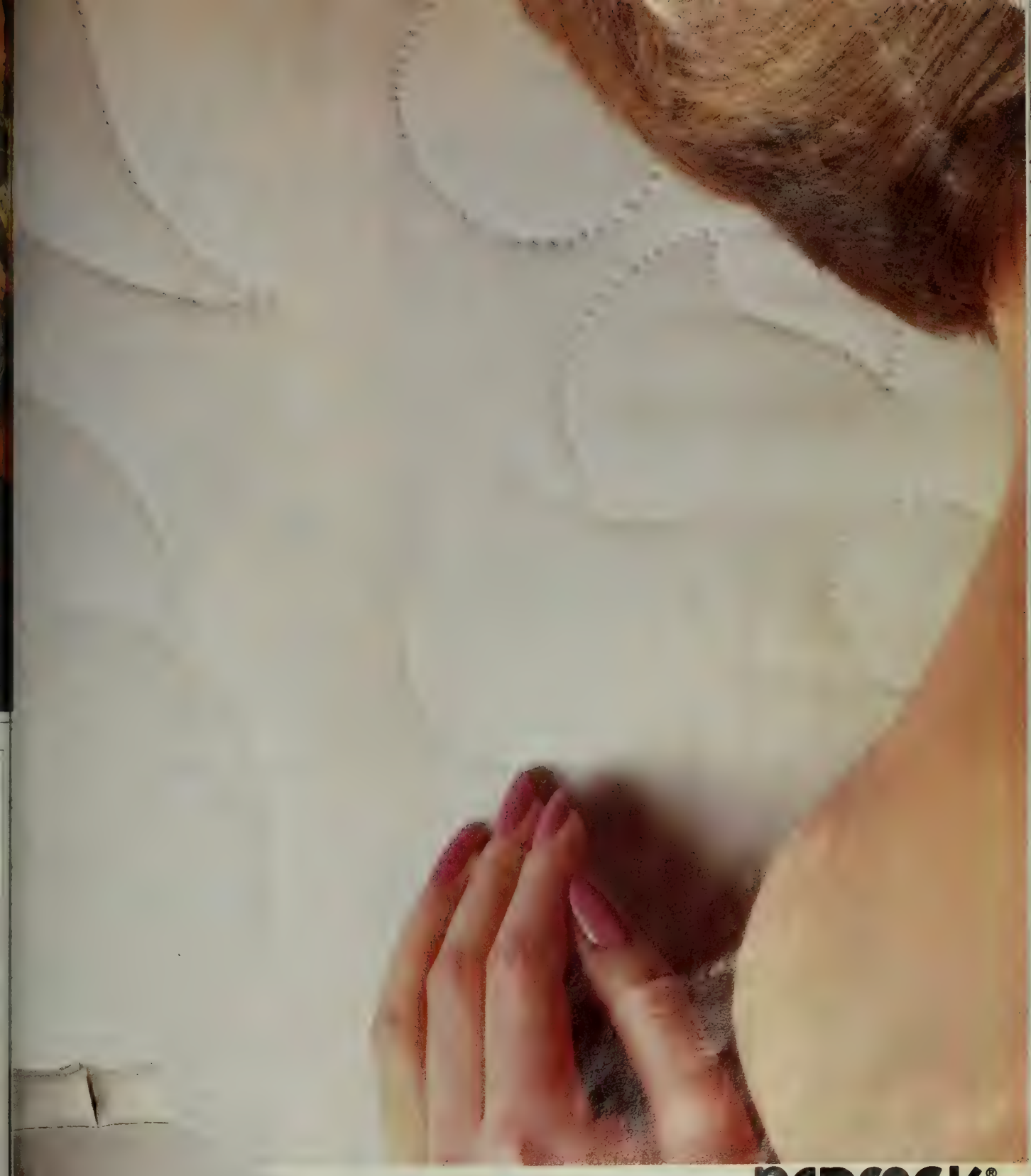
**Or they create a chair rail.**

### APPLYING BORDERS

Mix a little imagination with a few rolls of border, and you have the recipe for distinctive wall design. Let this sampling of ideas inspire you:

- **Create** the illusion of a chair rail by applying a border just below the midway point of the wall. For added interest, use different but complementary wall coverings above and below the border.
- **Accent** windows, doors, or closets with a border trim. Or, highlight an architectural feature, such as a mantel or staircase.
- **Run** a washable border along the edge of a countertop in the bathroom or kitchen, as a clever and colorful alternative to a backsplash of tile.
- **Wrap** a border around the room at ceiling height to give your room a finished, custom look.

Photograph, left: Design: Jan Ferguson
Field editor: Eileen Deymier



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BEDCLOTHING

# A soft spot for comfort.

You don't just sleep, you positively luxuriate on BedSack® bedclothing. This fluffy "second skin" for mattress and boxspring is a dream in every way. Not just comfort, but looks. And easy bed-making. And quality protection all around. Precision made for fit and satisfaction. Machine wash, tumble dry, no-iron. With matching PillowSack® in stores everywhere.

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There's a lot more to microwave cooking than most people think. They don't use their valuable investments to the fullest, simply because they don't have enough information or recipes. These three hardcover books show you how to make the most of your microwave oven's special qualities, and give you hundreds of recipes, menu ideas, techniques, tips and practical how-to's. Priced at just $6.95 each; get them wherever books are sold.

Better Homes and Gardens BOOKS

**Recipes tested to turn out right ...smile after smile**



## NO-MEASURE, NO-MIX, NO-RISE

# CINNAMON ROLLS



SCOTT LITTLE

**15 minutes to fix; 25 minutes to bake.**

**With convenient refrigerated breadstick dough, you get the gooey decadence of homemade cinnamon rolls in three easy steps:**

1. **Shape raisin-studded rolls.**
2. **Pop 'em in the oven.**
3. **Crown with icing.**

### CINNAMON-ORANGE ROLLS

- **1 package (8) refrigerated breadsticks**
- **1 tablespoon margarine *or* butter, melted**
- **4 teaspoons sugar**
- **½ teaspoon ground cinnamon**
- **¼ cup raisins *or* chopped walnuts**
- **1 recipe Orange Icing**

Unroll breadsticks; place on a piece of waxed paper. Slightly flatten breadsticks. Brush with margarine. Combine sugar and cinnamon. Sprinkle over dough. Press raisins or walnuts into dough. Roll up each piece, jelly-roll style. Seal and place in a greased 8x1½-inch round baking pan. Bake in a 350° oven 25 minutes or till golden. Transfer to a wire rack. Drizzle with Orange Icing. Serve warm. Makes 8 rolls.

***Orange Icing:*** Combine ½ cup sifted *powdered sugar,* ½ teaspoon finely shredded *orange peel,* ¼ teaspoon *vanilla,* and enough *orange juice* (2 to 3 teaspoons) to make icing of drizzling consistency.

***Nutrition information per roll:*** 159 cal., 3 g pro., 29 g carbo., 4 g fat, 0 mg chol., 250 mg sodium.



# Introducing Seven Easy Ways to Make a Chicken Fly.



***#3 in a series from La Choy.®***

Most chickens don't fly. Until now, they've had no reasons to.

Introducing seven new sauces from La Choy® that make cooking simple and give you incredible versatility as well. Whether you want to bake, stir-fry, glaze, barbecue, or dip, our new sauces really make it easy to get dinner off the ground.

And to show you how simple our sauces are to use, here are two basic recipes, one for chicken and one for beef. Once you've tried them, feel free to prepare them with any of our new sauces. Or be adventurous and experiment with a few ideas of your own.

*Glazed Sweet & Sour Chicken*

Place 2 to 2½ lbs. chicken pieces in a large baking pan at 425°F for 20 minutes. Reduce heat to 350°F and bake 15 minutes longer. Drain fat, then coat thoroughly with our Original Sweet & Sour Sauce. Bake 20 minutes longer. This recipe also tastes delicious with any of our other sauces. Makes 6 to 8 servings.



*Teriyaki Beef Stir-Fry*

In a large skillet, stir-fry 1 lb. thinly sliced flank steak in 2 tablespoons oil; remove. In skillet, saute 1½ cups *each:* sliced carrots and onions and ½ tsp. minced garlic until tender. Return beef to skillet with 1 (10-oz.) jar La Choy Thick & Rich Teriyaki Sauce and ¼ tsp. pepper; heat through. Or, for variety, try our Hot & Spicy Szechwan Sauce or Oriental Barbecue Sauce. Makes 4 to 6 servings.



In the Orient, simplicity is perhaps the most valued ingredient in cooking. And our new sauces make fantastic cuisine absolutely simple. Give them a try. They can make chicken fly. And they'll perform the same miracle on fish and beef.

LA CHOY

**A Welcome Departure.**




© 1987 Beatrice Hunt-Wesson, Inc.

# PERFECT POUND CAKES

## HOMEMADE GOODNESS, UP-TO-DATE FLAVORS

**PERFECT POUND CAKE POINTERS**

- Bring ingredients to room temperature; you'll get a higher cake.
- Beat the cake batter with a full-size electric mixer for the time the recipe specifies to ensure perfect texture and volume.



SCOTT LITTLE

**POUND CAKES**—perfect to make ahead; they freeze well.

**A pound each of butter, sugar, eggs, and flour. That's how pound cakes were originally made—and how they got their name. Though today's updated formula is measured in cups, not pounds, the result is still a moist, fine-textured cake and a rich flavor that's worth every minute of beating. What's more, pound cakes are easy to make now for later. Follow our how-to photos and see!**

### SPICE POUND CAKE

*Apple pie spice gives a blend of spice flavors from one handy jar—*

**4 eggs**
**1 cup margarine *or* butter**
**2 cups all-purpose flour**
**2 teaspoons apple pie spice**
**1 teaspoon baking powder**

• • •

**1 cup packed brown sugar**
**1 teaspoon maple flavoring**
**1 recipe Lemon Glaze (optional)**

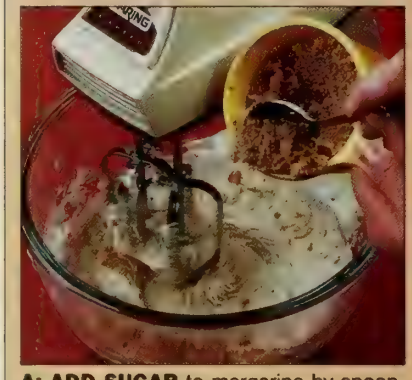
Bring eggs and margarine or butter to room temperature. Grease and flour a 9x5x3-inch loaf pan. In a small mixing bowl stir together flour, spice, and baking powder. Set aside.

In a large mixer bowl beat margarine with an electric mixer on medium speed about 30 seconds or till softened. Gradually add sugar, beating 6 minutes or till fluffy (see photo A). Add maple flavoring. Add eggs, one at a time, beating 1 minute after each addition, and scraping bowl frequently (see photo B). Gradually add flour mixture, beating on low speed just till combined. Turn into prepared pan. Bake in a 325° oven 60 to 65 minutes or till a toothpick inserted in the center comes out clean. Cool for 15 minutes on a wire rack. Remove from pan; cool on a wire rack. Drizzle with Lemon Glaze. Makes 12 servings.

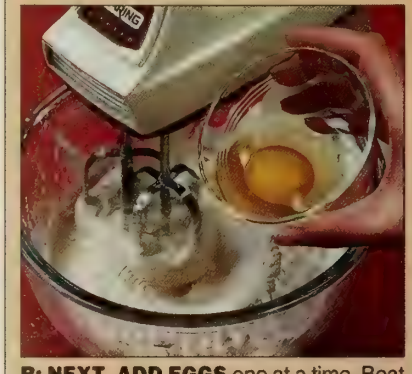
***Lemon Glaze:*** In a small mixing bowl combine ¾ cup sifted *powdered sugar* and 3 teaspoons *lemon juice.*

***Nutrition information per serving:*** 308 cal., 4 g pro., 34 g carbo., 17 g fat, 92 mg chol., 233 mg sodium, and 1 g dietary fiber.

### SIMPLE STEPS TO POUND CAKE SUCCESS



**A: ADD SUGAR** to margarine by spoonfuls. Beat till light and fluffy. (The cocoa cake has a higher ratio of sugar to butter, so it won't look fluffy.)



**B: NEXT, ADD EGGS** one at a time. Beat mixture 1 minute after you add each egg. The batter will be fluffy, but somewhat curdled looking.

### COCOA HAZELNUT POUND CAKE

**3 eggs**
**½ cup margarine *or* butter**
**1¼ cups all-purpose flour**
**⅓ cup unsweetened cocoa powder**
**¼ teaspoon baking soda**
**1⅓ cups sugar**
**¼ teaspoon vanilla**
**½ cup dairy sour cream**
**⅓ cup chopped hazelnuts (filberts)**

Bring eggs and margarine or butter to room temperature. Grease and flour a 9x5x3-inch loaf pan. In a small mixing bowl stir together flour, cocoa, and baking soda. Set aside.

In a large mixer bowl beat margarine with an electric mixer on medium speed about 30 seconds or till softened. Gradually add sugar, beating 6 minutes or till combined (see photo A). Add vanilla. Add eggs, one at a time, beating 1 minute after each addition, and scraping bowl frequently (see photo B). Gradually add flour mixture alternately with sour cream, beating on low speed just till combined. Fold in nuts. Turn into prepared pan. Bake in a 325° oven 60 to 65 minutes or till a toothpick inserted in center comes out clean. Cool for 15 minutes on wire rack. Remove from pan; cool. Makes 12 servings.

***Nutrition information per serving:*** 269 cal., 4 g pro., 34 g carbo., 14 g fat, 73 mg chol., 152 mg sodium, and 1 g dietary fiber. BH&G

# New Stove Top Select. Because everything in it is.

Now Stove Top® selects the most tasteful ingredients to create exquisite varieties of stuffing. Like the sweet, crisp carrots, red bell peppers and crunchy almonds you'll find in our Vegetable & Almond. Or the wild rice, tender mushrooms and minced green onions in our Wild Rice & Mushroom. And they're all ready in just 15 minutes.

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# SPACE-SAVVY KITCHEN REVAMP

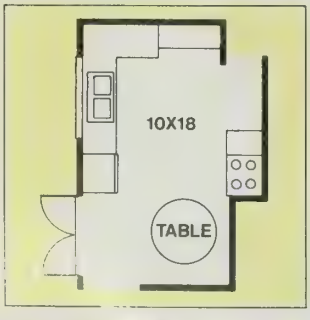
## NOW MORE LIGHT, MORE STORAGE, MORE WORK SURFACES, AND A LAUNDRY, TOO

**Ken and Kris Valente now have all the kitchen storage space and work surfaces they'll ever need. When they redesigned their kitchen and informal dining area, they made room for new cabinets, countertops, washer and dryer, and pantry, without adding a square foot.**

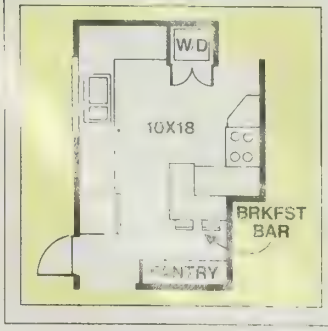
### LIBERATING SPACE

The L-shaped eating counter is the key to more efficient use of space. The stylish maple counter—designed by Ken, a plumbing contractor—replaces an old breakfast table and chairs that had been squeezed into a 10×6-foot eating area. An 18-inch-deep, 5-foot-wide pantry, which holds kitchen and dining room wares, stands in place of the table.

### BEFORE PLAN




### AFTER PLAN






**Skylight, crown molding over the cabinets, and L-shaped breakfast bar add architectural flair.**



**New cabinets, maple butcher-block countertops, and an eating-counter extension flank the range.**



**Redesigning made space for stacked laundry equipment.**

### ADDING FUNCTION

The new cabinets and pantry provide enough additional storage capacity to free up space for a much-needed washer and dryer. The new laundry equipment stacks neatly behind louvered doors, near the hallway leading to the bedrooms.

### ADMITTING LIGHT

The Valentes also installed a 4×4-foot skylight to brighten the kitchen. Before, the window over the sink admitted the only natural light. To minimize heat loss at night and prevent overheating in summer, they use a pole to draw an insulated shade over the skylight.

### HOSPITALITY

When not lending a hand in the kitchen, visitors sit at the new eating counter—close enough for conversation, yet outside the work area. "When a friend comes over she can sit and chat while I cook," says Kris.

Photographs: Ernest Braun. Design: Ken Valente. Cabinet design: Peter Senter. Field editor: Helen Heitkamp

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Find your flavor. Honey Hill Farms. Find your fruit. But you won't find any fat. Nonfat Yogurt. Where you'll find your thrill.




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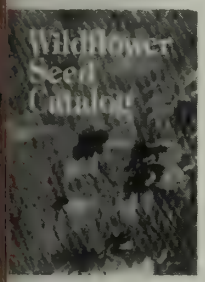
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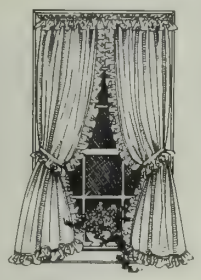
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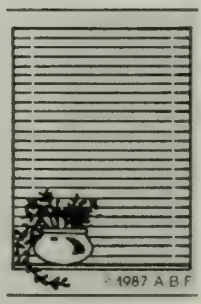
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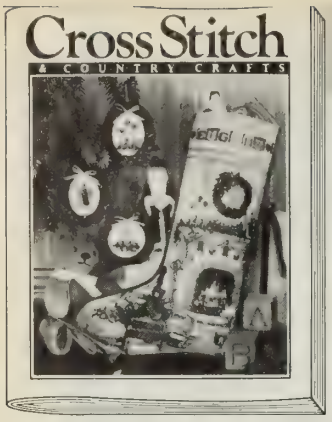
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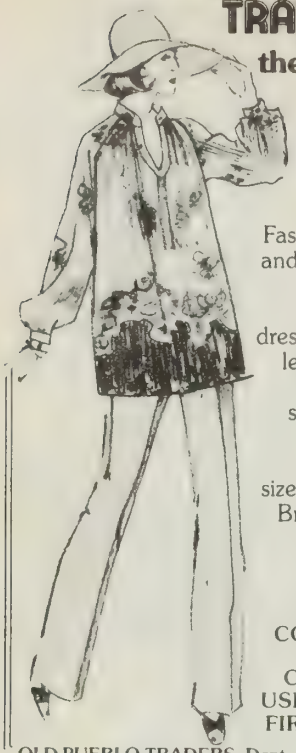
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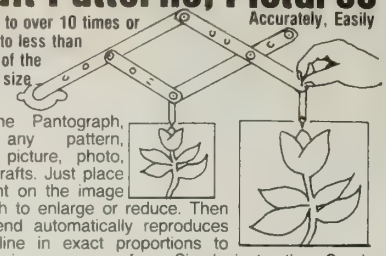
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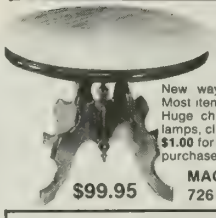
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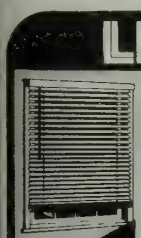
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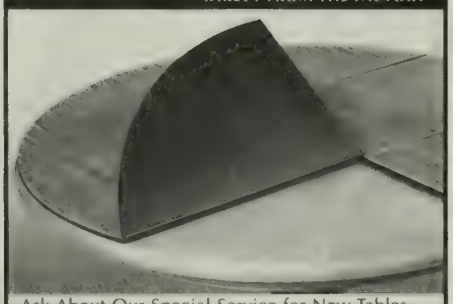
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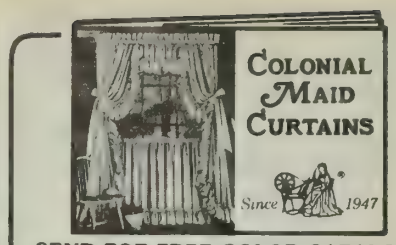
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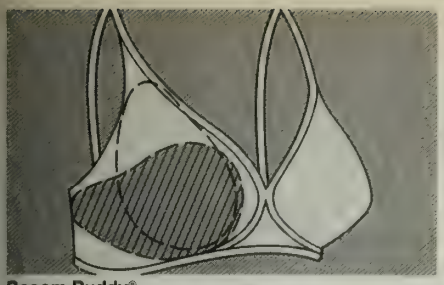
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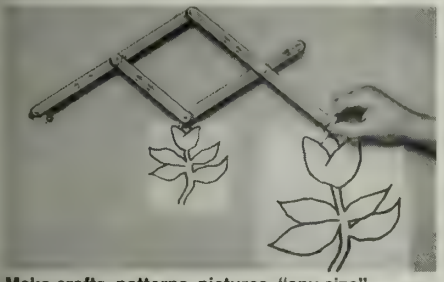
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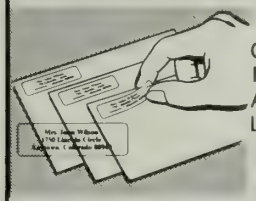
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"You know your kids have outgrown childhood," observes Liz Randall, mother of five, "when you realize it's been several weeks since you washed the peanut butter off the light switch plates."

"One of the troubles with Washington, D.C.," notes Congressman Nick Hanfli, "is that it supplies far, far more government than the nation demands."

It remains to me one of life's mysteries how falling snow can be so light, and fallen snow so heavy.

Ken Floyd thinks he knows what happened to all that talk a few years ago about the four-day work week. "It disappeared," he said, "when someone figured out it would mean 10-hour Mondays."

"Isn't it ironic," remarks Grandma Hillis, "that we spent billions of highway dollars getting people off of dirt roads, and now everyone is clamoring to buy four-wheel-drive trucks so they can get back on them."

When our office main-frame computer failed last week, I overheard Connie Neilsen tell a caller, "Well, I guess the chips are really down this time."




*"Nothing I didn't know before, except they have different words for it."*




*"Want to give me a hint what you're mad about?"*

Ready for a somewhat late prediction for 1988? You're going to get a lot of mail—and I predict that a lot of it will be from politicians.

Nostalgia, claims Ned Carter, means "yearning for the old and unimproved."

"You don't really appreciate how far inflation has gone," says Grandpa Hillis, "until you see a young fellow start his first job at a salary you once hoped to reach by the time you retired."

Our travel agent, Janet Cross, says that one of her big challenges is persuading retired men to visit spots they last saw through chain-link fences while on duty in the military.

Teacher Kathy Foley notes that nothing kills a teen-age clothing fad faster than seeing parents wearing the same things.

Three cheers for whoever made this wintry month the year's shortest!

*Burt, Jr., 14, has always been carefree and outgoing. That's why Chris and I worried when he turned so moody.*

*"What's on your mind, buddy?" I asked him one day while we were alone.*

*After a moment of silence, he said, "Dad, why do I have to have such a goofy name?"*

*I was speechless. "What? Well," I stammered, "it's not a goofy name at all. Lots of famous people had your name," I offered, praying he wouldn't ask me to list any of them.*

*"I was thinking about maybe Todd or Jason," he said.*

*"I'm not sure I could get used to either of those," I admitted. "How about your middle name: Michael."*

*"Mike! That sounds OK. So will you tell Mom?"*

*"Why don't we let Mike tell her," I suggested.*

*"Who's Mike?" the boy asked before he could catch himself.*

Burton Hillis

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1988 March

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## hat's Happening to merican Families?

Good Health Almanac

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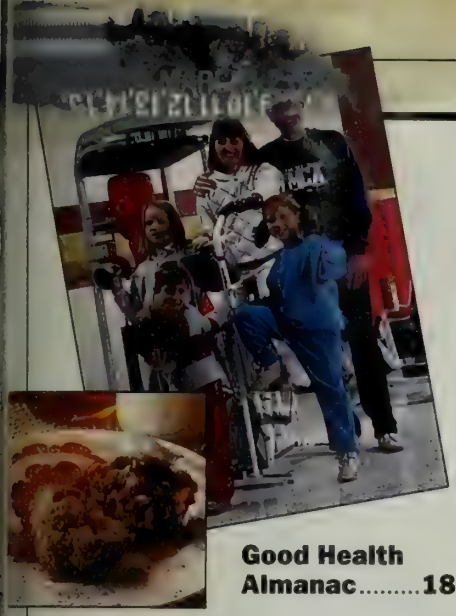
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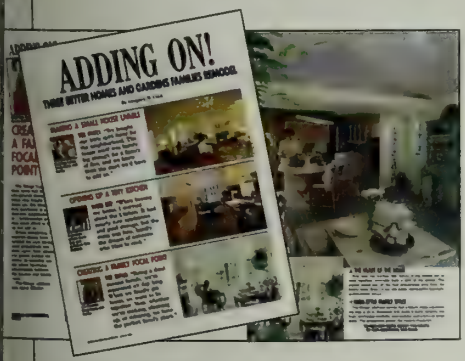
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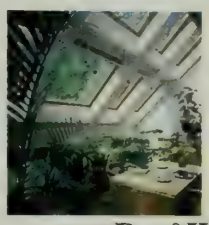
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# Imagine the Possibilities




Roof Windows




Skylights

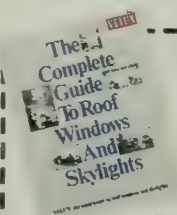
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# "NINE GIRLS STOOD GIGGLING AT ME AS I OPENED THE DOOR..."

*A True Story by*
Janet McBarron, M.D.

I am about to tell you a true story. It's very embarrassing to me. But I want you to have this while there is still time.

I was raised in Swarthmore, Pennsylvania, a small town near Philadelphia. After high school I went to college.

My grades were good. Everything was great. Except that I was 74 pounds overweight. A real porker.

Naturally, I was teased about being fat.

For example, a group of girls in my dormitory called a local pizza shop and ordered seventeen pizzas—all to be delivered in *my name*. When they arrived, I was summoned to the front door. I heard eight or nine girls giggling at me from behind the stairs. When I opened the door, there stood the delivery boy, seventeen pizzas in hand. I was humiliated and embarrassed. But I paid him from money I'd been saving for a new dress. The girls behind the stairs thought it was funny.

I didn't.

Then and there I vowed the jokes would end.

During my second year of medical school, I was invited to take part in an experimental new weight-loss regimen. It was called the Clinic-D Program. Enrollment in the test program was limited to patients who were severely obese. That was me. Obese. So I was allowed to enter.

The project began in late February. For the first three days nothing happened. My weight remained the same. But on the fourth day, my weight began dropping. Rapidly. Within the next 180 days I lost 67 pounds. And during the next two and a half weeks I lost an additional 13 pounds. This may not seem like a lot. But to me it was a miracle! This was the first time *in my life* I had consistently lost weight, week... after week... after week.

The Clinic-D Program was researched and developed by a team of bariatric physicians—specialists in weight loss. It's unique because it actually allows you to eat up to 1.8 times the amount of food you would on many other diets—and still lose weight. In fact, there's so much food on the program, I could hardly eat it all.

The prescribed menus called for up to *six meals per day*. Three regular meals. Plus three snack meals. (All good wholesome food. No pills. No weird foods.) So you're always eating.

How can a person consume so much food and still lose weight?

The secret is not in the amount of food you eat. It's in the *prescribed combination* of foods you eat in each 24-hour cycle. Specific portions of complex carbohydrates, fiber, and proteins that generate a negative caloric process that continues all day long... a complete 24-hour fat burning cycle. Fat is burned away around the clock. Not just in unhealthy spurts and fits like many diets. That's why it lets you shed pounds so easily. Without hunger. Without feeling deprived.

But here's the best part...

1. The food is delicious! Choose from chicken, ham, pork, beef, or fish. You may also select from a wide variety of cheeses, pasta products, sauces, potatoes, fruits and vegetables. Even some light wines and sweets. But you *must* consume them in the specific combinations and portions prescribed in the program.

2. There are no drugs. No appetite suppressants. No artificial foods. No gimmicks of any kind. All the food comes right from your supermarket.

3. The Program is healthy. It's very low in sodium, high in fiber. It's well balanced in every food group, with ample proteins and special combinations of complex carbohydrates.

4. The Program is flexible. The menus are varied. You can make substitutions. Even eat in restaurants that serve a la carte foods. Just so you order the appropriate combinations of food.

5. You'll lose weight. And keep it off. Permanently. Let's face it. We're all creatures of habit. We're used to eating three meals a day. We're also used to snacking. We all love snacks. Especially at night.

But most diets try to force us to change all that.

And that's precisely *why they fail*!

The Clinic-D Program is different. It allows you to continue your normal eating lifestyle, but with the right combinations of foods. You'll eat three meals a day. Plus three snack meals every day. So you don't feel hungry. Not in the morning. Not in the afternoon. Not at night.

I'm not the only one who was helped by the Clinic-D Program. Here are a few other examples...

- Charlie is a 43-year-old machinist. He began the program a week before Easter. He tried dozens of diets before. Always failed. But in just 16 weeks he lost 47 pounds. He reported absolutely no hunger. No feelings of deprivation. No nervousness.
- Linda is a 32-year-old secretary. She told me she had been on at least 23 diets before. She failed on all of them. But this time she lost 38.5 pounds in 16 weeks. No hunger. No nervousness.
- Donna is a 22-year-old housewife. She lost 22 pounds in only six weeks. She told me, "For once I'm not tired and irritable. I'm not snapping at the kids. I feel great!"

Obviously, I'm excited about the program. This is the first time it's been available to the public outside of a clinical setting. It's being distributed for us by Green Tree Press, Inc. in Erie, Pennsylvania.

I'll be happy to send you the Program to examine for 31 days. Show it to your doctor. Try it. There's no obligation. In fact, I won't cash your check for 31 days. You may even postdate it 31 days in advance, if you wish.

Your Clinic-D Program will be shipped immediately. When it arrives, try some of the menus. If you don't begin losing weight within six days, I'll promptly return your *original uncashed check*. No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you're not continuing to lose weight on a regular basis, I'll send you a full refund. Promptly. And without question. This is the fairest way I know to prove to you how well this new program works.

To order, just send your name, address and postdated check for $9.95 to me, Janet McBarron, M.D., c/o Green Tree Press, Inc., Dept. 494, 3603 West 12th Street, Erie, PA 16505.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Bank and business references are available upon request.

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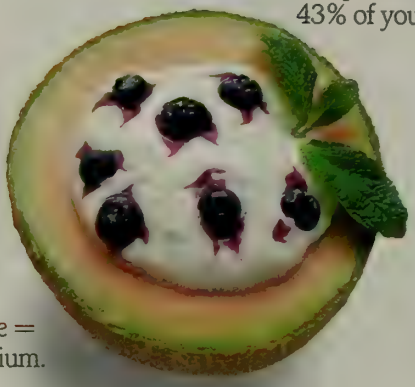


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**Yogurt and Blueberries in Melon**
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1 oz. Swiss and 1 oz. cheddar cheese =
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**Seafood Chowder**
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# Choices.





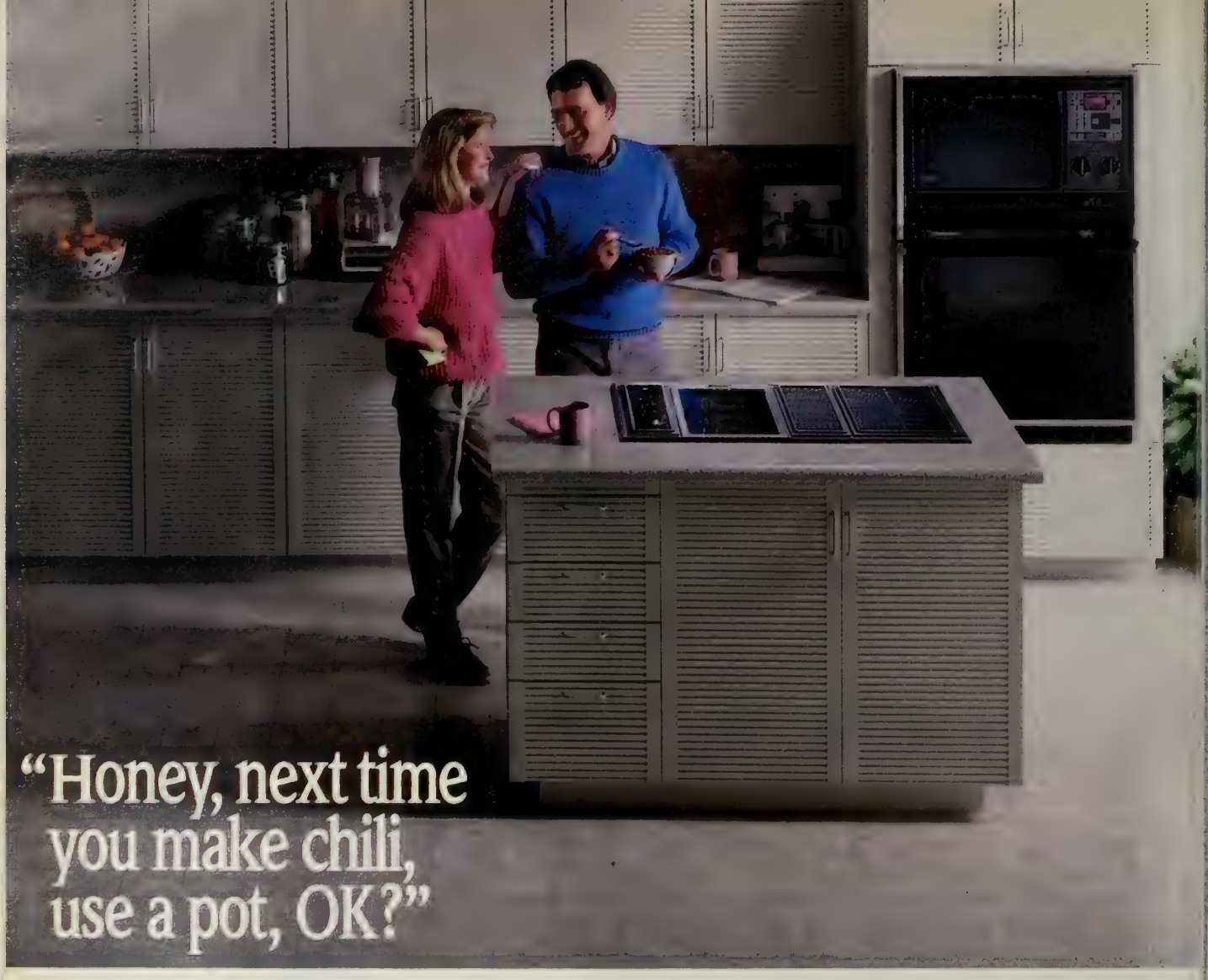
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# "Honey, next time you make chili, use a pot, OK?"

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**You cook, I'll clean up.** My husband and I have a deal. If he cooks I'll clean up. And vice versa. With this smooth ceramic cooktop, I think cleaning is the easier job. Even on chili night. Spills can't run underneath the burners. And the edges around the cooktop keep messes from dripping over onto the sides or the floor. I just wipe the top clean.

**Like father, like son.** My 12-year-old spends more time in the kitchen than I do. Seems like every time he turns on the tube, he puts another TV dinner in our Whirlpool oven. Yesterday he forgot to take it out. By the time I found it, all the splatters and spills were baked on. My Whirlpool self-cleaning oven took care of it though, so I didn't have to.

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# EDITOR'S LETTER

## REMODELING COSTS

**Dear Readers,**

In this issue, you'll find "Adding On," a feature beginning on *page 107.* It shows three great remodeling projects, beautifully pictured and full of ideas—just the sort of story you'd expect in this magazine. But, you get a bonus with this story because these remodelings were done by three of the folks here at *Better Homes and Gardens:* Editorial Director Doris Eby, Associate Art Director Brad Hong, and Building Ideas Editor Greg Cook.

These three tell all—what motivated them to do their remodelings, what they actually did and why, and most especially, how much it cost. You'll find that they're folks who live pretty much as you do, which is no surprise. But you probably will be surprised, as I was, by how much the remodelings cost. It just costs an arm and a leg these days to do a remodeling of any size.

***"It just costs an arm and a leg these days to do a remodeling of any size."***

In this and every story we write, we tell you the costs whenever we know what they are, taking the chance that you'll appreciate the information and won't kill the bearer of bad tidings.

I've recently had some experience myself with the costs and inconvenience of remodeling. My wife and I did a project last summer that began in innocence and proceeded directly into the Twilight Zone.

Our family room was a smallish space that contained a wall of bookcases I built years ago, dark wood paneling, and some old and dumpy-looking furniture. It was pretty tacky.

We started out with a modest idea—tear out the old bookcases, paint the paneling white, then line the entire room with new bookcases.

We asked the contractor if we could get rid of an old space heater in the room, and he said it would be easy to run in a new heating duct.



GEORGE CEOLLA

**It turned out beautifully . . .**

We then had to take up the carpeting and tear up the floor. Because we had to do that, we thought it would really be swell if we put Mexican tile on the floor; then, we could just carry the tile right on into the adjoining kitchen when we remodel that room next year.

We ordered tile from Arizona. When it finally arrived, the tile layer told us, to our amazement, that after he laid the tile, it would have to season for three weeks before he could seal it. So the painting and bookcases had to wait until the tile seasoned. Meanwhile, we had everything from that room piled all over our house.

This little project that we'd originally figured would take two weeks and cost $3,000, lasted about three months and consumed about $6,000.

I'm glad we did it because it turned out beautifully, as you can see from the photo above. I'm sure ours was no different from any other remodeling. It's just a matter of waiting until the memories of the mess and the pain of the loan payments start to fade away.

David Jordan

David Jordan, Editor


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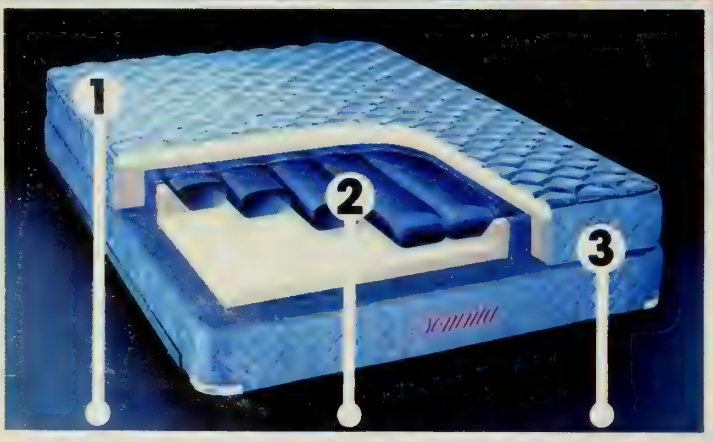
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# Did you almost forget to take your blood pressure medicine today?

When your doctor tells you that you have high blood pressure, he may also tell you that control of it starts with *never* forgetting to take your medicine.

Yet, of the 18 million people in the United States who are under treatment for hypertension, approximately 6 million *do* forget. And many more can't even remember if they did take their medicine.

If you are one of them, you undoubtedly have your reason. Perhaps it's because you travel a lot. Or you work different shifts, so you're either getting up when others are going to bed... or vice versa. Or you're raising teen-agers who occupy all your time and mind. Then again, you may have to take several medications, so you sometimes forget one.



Understandable! But not one of these excuses will ever help your health.

Today, however, science has found a way to help you remember. It's high blood pressure medicine you wear, for a week at a time. It comes in an adhesive patch that's easy to apply to your skin.

Like any medication, however, patch therapy is not for everyone. Ask your doctor about it. If he says yes and your body agrees, the patch can help you remember.

**Ask your doctor about this form of medicine: you wear it...a week at a time.**

Boehringer Ingelheim Pharmaceuticals, Inc., Ridgefield, CT 06877




Interior Decorators

Johnson's Swabs now come in beautiful Decorator Canisters, one for every room of the house.

Johnson & Johnson

The Clear Top Decorator Canister Design is a trademark of J&J BPC



# FAMILY NETWORK

## Readers' comments and solutions to family and community problems

### Helping squeamish children

Having been a nursery school teacher for several years, I realize how frightening the sight of blood can be to a child after suffering a cut or other injury. To relieve their fears, I keep a red washcloth in the classroom. If a child gets hurt, the red washcloth comes to the rescue and hides the evidence. It really works!

*Marian Brancuccio*
*East Hartford, Conn.*

### Clutter solution

With two teenage daughters in the house, cosmetics and personal care items were taking over our bathroom shelves. We recently eliminated the clutter by hanging a large shoe bag on the back of the bathroom door. Each of us was allotted a certain number of shoe pockets. The result? Instant order.

*Margaret Shauers*
*Great Bend, Kans.*

### Trip present

A few weeks before our friends left for England, we gave them an assortment of English coins and paper money. They said it was the most helpful going-away gift they received.

*Harry J. Walker*
*Dunellen, N.J.*

### Recovery help

We've reached the age when many of our friends need to have cataracts removed. Even though the new lens implants are a vast improvement over older methods and the patients usually come home the same day, they are naturally apprehensive about the outcome and find the hours of convalescence long and often lonely. I've found that taking a few tapes—a mystery story, poetry, a novel—from the local library to the patient helps the hours pass quickly. In a short time, the patient can again read comfortably, and I return the tapes to the library.

*Jan Cardell*
*Livingston, N.J.*

### Luring city dwellers

It is hard to bring people from the city to our small town for one or two garage sales. So we have all of our garage sales at once, and now a lot of people come to town for them. The local garden club advertises the sales in all area newspapers, and posts signs. Each participating family donates $2 toward expenses. It has been a big success for the community.

*Athena Yeater*
*Vanlue, Ohio*

### Community cleanup

In our old neighborhood in Detroit, we formed a community group to keep people in the inner city proud of where they live. Every spring we have a cleanup. Streets, sidewalks, and alleys are swept. We block off a street and hold an outdoor barbecue. It is a lot of fun, and a good way to get to know your neighbors and area business persons.

*Birute Barauskas*
*Bloomfield Hills, Mich.*

### TV problem

Our sons seem to spend too many hours in front of the television set. We hope that some other readers have fought this battle and won. We would love to find out some new ideas about responsible viewing habits.

*Kim Herren*
*St. Charles, Mo.*

### WRITE TO US

Family Network welcomes letters from you, our readers, describing how you or your friends and neighbors solved problems involving family or community, or letters asking for help with an unsolved problem. Write to Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each letter published.

# CRISPIER IS TASTIER.

Crispy Wheats 'n Raisins' delicious honey-touched flakes stand up to milk better than any other raisin cereal. And crispier is tastier!



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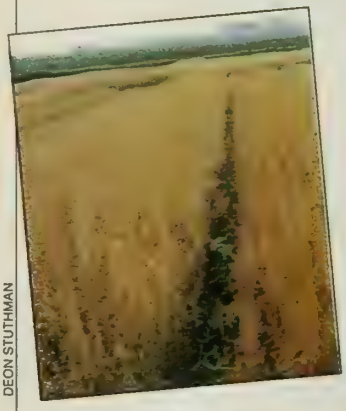
© 1987 General Mills, Inc.

# GOOD HEALTH ALMANAC

By Paul Krantz, Joy Taylor, and Lisa Mack

## TIPS ON SHAPING UP FOR SPRING

*Healthful happiness is a warm muffin and a new pair of warm-ups*



DEON STUTHMAN

FIBER

### WHY MARES EAT OATS

*And why you should too!*

It's the *other* fiber, not the kind said to prevent constipation and, perhaps, colon cancer. Although it sleeps in the shadow of its sibling, *soluble* fiber is gaining the respect of doctors.

Here's why: soluble fiber lowers your cholesterol, and so may, in the long run, save your heart.

**Good sources:** Oats and oat bran, lentils, beans, peas, barley bran, oranges, apples, strawberries, pears, squash, cauliflower, cabbage, green beans, and eggplant.



FOOD PHOTOGRAPHS: SCOTT LITTLE

*Breakfast temptations: Freshly warmed Oat-Bran Apple Muffins*

**Comfort foods—like muffins and burgers—can be as healthful as a sit-up. The trick: cut the fat and add fiber. Watch for updated old favorites throughout these pages.**



PEGGY GREUER

*Each hour of exercise adds two to your life.*




**Recipes begin on page 26.**

*continued on page 20.*

NUTRITION NEWS

### FISH OIL: HEALTH OR HYPE?

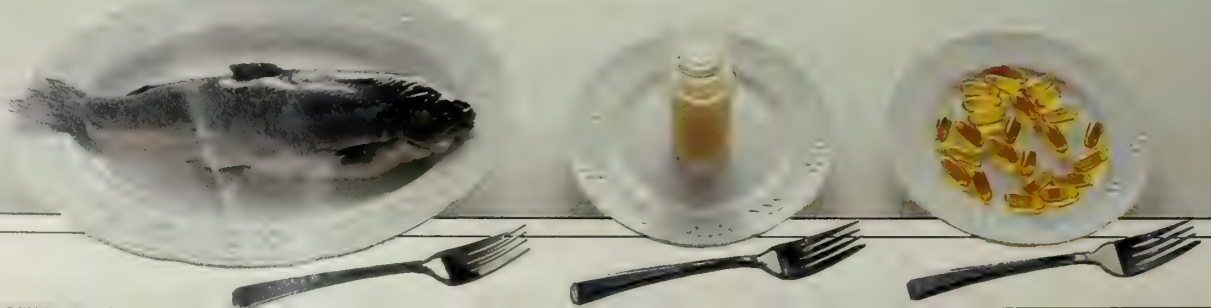
*Some experts find claims hard to swallow*

Debate continues over fish oil pills, but no one questions the benefits of eating more fresh fish.

**OIL-RICH FISHES** like sardines, halibut, salmon, tuna, anchovies, and trout seem to lower your risk of heart disease. Enjoy them three times a week.

**FISH OIL,** in bottles or pills, lowers heart-damaging triglycerides and may also reduce the risk of heart disease. But researchers are wary.

**WORRIES:** Long-term safety of supplements is unknown. In some people, they may raise the risk of heart disease or blood-clotting problems.



SCOTT LITTLE

# Your body doesn't know NutraSweet® from beans.



Or peas. Or grapes. Or milk. Or chicken, for that matter.

Because NutraSweet® brand sweetener is made of two building blocks of protein, like those that make up things we eat every day.

And that means your body digests NutraSweet the same way it does fruits, vegetables, dairy products, and meats. So even though NutraSweet doesn't come from nature, as far as your body's concerned, it might as well have.

No wonder people go out of their way to find NutraSweet in their favorite products.

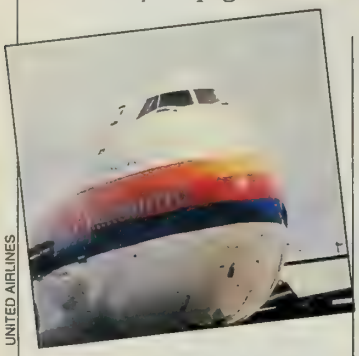
After all, with a sweetening ingredient that tastes just like sugar—and your body treats like a bean—who could possibly resist?

NUTRASWEET® BRAND SWEETENER

©1988 The NutraSweet Co.

# GOOD HEALTH ALMANAC

*continued from page 18.*



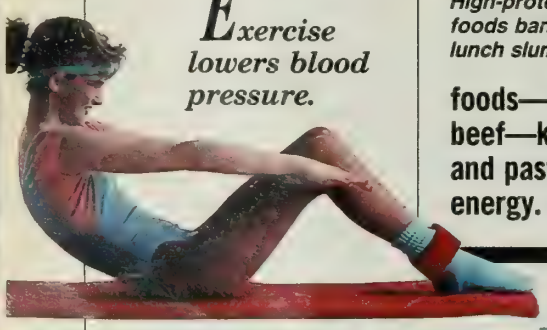
UNITED AIRLINES

PLANE TALK

## HEALTHFUL AIRLINE FARE

***Yours for the asking***

Most airlines offer several menu options—but only if you ask. Best bet: a fruit plate. Other healthful options: low calorie, low fat, vegetarian, low sodium, or low cholesterol. For kids, try peanut butter and jelly. Order your meal with your ticket; reconfirm 24 hours before departure.



***Exercise lowers blood pressure.***

FOOD AND MOOD

## POWER LUNCHING

***Foods that keep you energized and alert***

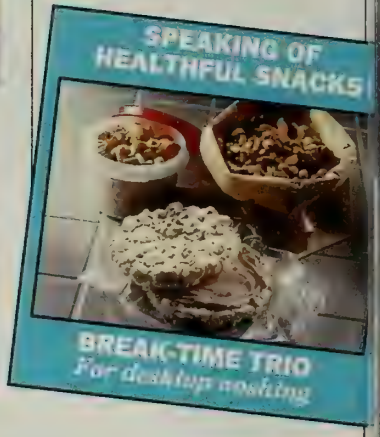


*High-protein, low-fat foods banish the after-lunch slump*

**Lunching out? Protein foods—fish, skinless chicken, veal, and lean beef—keep you alert. Carbohydrates—grains and pasta—are calming and help you focus your energy. Avoid fats: they make you sluggish.**



***Hooked on doughnuts? Bag an apple or other healthful snack.***




BELLY UP TO THE BAR

## SALAD BAR SAVVY

***The good, the bad, and the maybe***

Don't pat yourself on the back just because you head straight to the salad bar. Dangers await the unwary, even at these gardens of eating. Here's what to choose—and to lose.

**STOP!** Avoid creamy dressings, mayonnaise-coated pasta and rice salads, bacon bits, olives, and pickles.

**[illegible]** Go easy on peas and beans, oily dressings, raisins, sunflower seeds, cheese, and croutons.

**GO!** Pile on the dark greens, fresh fruit and vegetables, bread or rolls (no butter, please!), low-calorie dressings.

*continued on page 23.*



# Fiber doesn't have to taste ike you're eating this magazine.



If you want more fiber in your diet, and you want it to taste good, just have some California prunes. Because prunes have more dietary fiber, ounce-for-ounce, than almost any other food. A serving of six prunes has more fiber than two bowls of bran flakes.* Prunes are also a good source of vitamin A and potassium. With no fat, no cholesterol and almost no sodium.

But while you might start eating them for their nutrients, you'll keep eating them for their taste. Because prunes are a spoonful of natural sweetness.

Which solves the main problem you have with fiber. Because a lot of high fiber foods taste like the box they came in.



*One way to serve your family prunes is in a fruit salad. You'll find more helpful serving suggestions in our free brochure. For your copy, write to Prunes Ideas, P.O. Box 882168, San Francisco, CA 94188-2168.*

## Prunes. The high fiber fruit.

*Approximately 2/3 cup per serving.

© California Prune Board 1987



# You don't have to cut out your favorite foods to cut down your cholesterol.

Take away any one of their favorite dishes, like fried chicken, and your family would really squawk.

Fortunately, there's an easier way to reduce serum cholesterol. Make Mazola® corn oil and Mazola® margarine part of your total dietary plan, which should include more foods low in saturated fat. Mazola products let you make great tasting foods without feeling guilty about adding cholesterol.

Because Mazola has no cholesterol—no cholesterol at all.




USA

MAZOLA OIL IS A SPONSOR OF THE 1988 U.S. OLYMPIC TEAM.

© 1987 Best Foods, CPC International Inc.

*continued from page 20.*



AMERICAN YOUTH SOCCER ORG

. . GYM JIVE . .

## WHY OUR KIDS AREN'T FIT

*Expert blames the system*

Only a third of kids have gym daily, and many classes stress athletics over fitness. The result: A generation less fit than their parents were as kids. Fitness expert Charles Corbin says we are all to blame for the problem. What can you do? **See Dr. Corbin's *Teaching Fitness, page 84.***

. . . . FITNESS FUN FOR ALL . . . .

## FITNESS FAMILY-STYLE

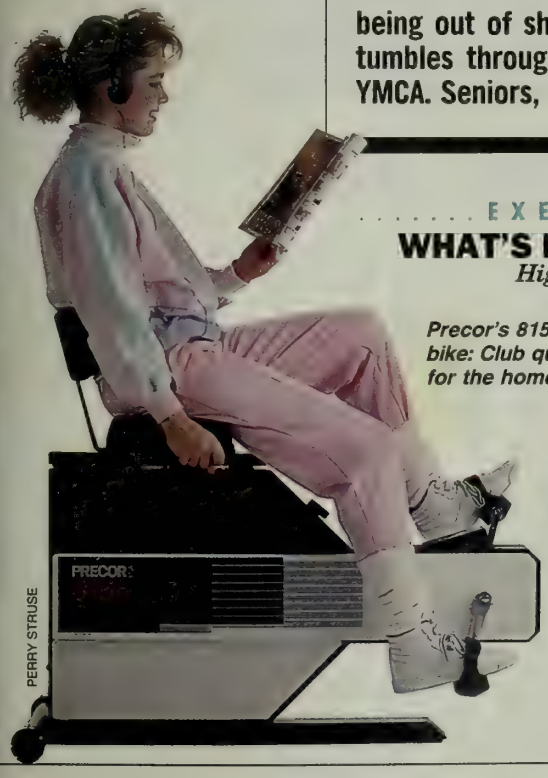
*Programs for young and old abound*



J. KASCOUTAS

*Fitness and fun at the Y: The Lepley family of Des Moines, Iowa.*

**Age is no excuse for being out of shape. Even 3-year-old Jake Lepley tumbles through Romp and Stomp class at the YMCA. Seniors, too, can find tailored classes.**



PERRY STRUSE

*Precor's 815e bike: Club quality for the home.*

. . . . . EXERCISE TRENDS . . . . . .

## WHAT'S HOT IN HOME FITNESS

*High-tech rules the roost*

Here's what's new for all you home fitness fans:

- **Recumbent bikes.** By putting your feet ahead of your seat, you put more power on the pedals and less stress on your back.
- **Smart watches** with pulse monitors and jogging pacers.
- **Videos.** For youngsters and oldsters, for needs like arthritis and cardiac rehab.
- **Personal trainers.** Pricey ($20–50 an hour), but worth it if you need the push.



LEFT: THE SPA-FINDERS; BELOW: TOPSL BEACH RESORT

*Stretching and testing: all part of a fitness vacation.*



. . . . TRAVEL . . . .

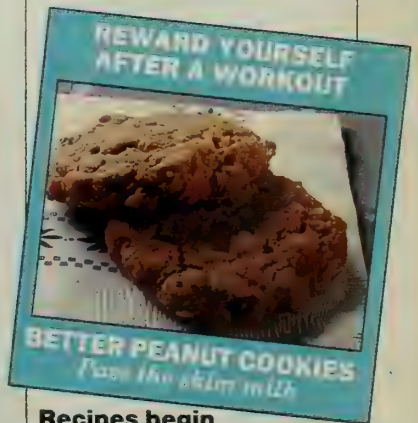
## FINDING A FITNESS SHANGRI-LA

*Guides to get you there*

Looking for a vacation that can rekindle your drive to get fit? These guidebooks can help you locate the perfect experience:

**Spa-Finders** (784 Broadway, New York, NY 10003). $4. 100 pages. Provides detailed information on 200 resorts and spas.

**Rado Guide to Health and Fitness Resorts** (1140 Sixth Ave., New York, NY 10036. Free. 14 pages. Lists features at 45 resorts. BH&G




**Recipes begin on page 26**

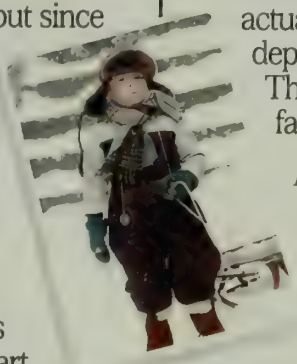
# IF YOU'VE SPENT A LIFETIME RAISING YOUR CHOLESTEROL



# HERE'S HOW YOU CAN HELP LOWER IT IN JUST SIX WEEKS.

SINCE YOU WERE A CHILD, YOU'VE BEEN CLOGGING YOUR ARTERIES.

It's hard to believe, but since childhood, the fatty foods you've eaten have been leaving deposits in your blood vessels. And though it meant nothing to your health then, as you grow older, it means increased risk of heart disease and stroke.



IT'S NOT TOO LATE TO HALT THE PROCESS.

And it's very simple: diet. The old phrase 'you are what you eat' is only too true. By eating low fat foods such as fish and skinless poultry, cutting down on butter and other saturated fats, red meat, cheese, and eggs, you may reduce your serum cholesterol in as little time as six weeks. And if you can lower your cholesterol levels enough, you can actually *reduce* the fat deposits in your arteries. That's an encouraging fact.

A GREAT PLACE TO START IS BREAKFAST.

One of the most popular times to eat high fat and cholesterol foods is breakfast. Just think about it: bacon, eggs, donuts. If Americans would change just one thing in their diets: their breakfasts; the cholesterol problem in this country could be reduced. So what should you eat? Low cholesterol, low fat foods like cereal. Eat it with skim milk, top it with fruit, and you've got the type of breakfast that will start your day off right and may, if you make a habit of it, make your life a healthier one.





*For more information on lowering cholesterol, including a Health Passport from the American Health Foundation, a special brochure on cholesterol, and coupons for Kellogg's cereals, write to:*
*KELLOGG'S HEALTHY LIFE*
*P.O. BOX 5452*
*KALAMAZOO, MI*
*49003-5452*

Kellogg's®

# GET A TASTE FOR THE HEALTHY LIFE.




moistened; batter should be lumpy. Fold in chopped apple and raisins.

● **Grease muffin cups** or line with paper bake cups; fill ⅔ full. Combine granulated sugar, the 1 tablespoon flour, margarine, and ¼ teaspoon cinnamon. Sprinkle over batter.

● **Bake in a 400° oven** for 12 to 15 minutes or till done. Makes 12 muffins.

***Nutrition information per muffin:*** *135 cal., 3 g pro., 22 g carbo., 5 g fat (1 g saturated fat), 24 mg chol., 179 mg sodium, 172 mg potassium, 3 g dietary fiber.*

### SPICED-UP BURGER

*Higher in fiber and lower in fat than traditional burgers because of the high-fiber, low-fat pinto beans—*

- 1 egg white
- ½ of a 15-ounce can pinto beans, drained and mashed (¾ cup)



**A HEALTHFUL** burger.

- ¼ cup soft whole wheat bread crumbs
- ¼ cup finely chopped celery
- 1 to 2 teaspoons canned chopped jalapeño chili peppers
- ⅛ teaspoon garlic powder
- 1 pound lean ground beef
- 6 7-inch whole wheat tortillas *or* 3 large whole wheat pita bread rounds, halved crosswise
- 6 lettuce leaves
- 6 tablespoons salsa

## GOOD HEALTH RECIPES

*continued from page 23.*

### OAT-BRAN APPLE MUFFINS

*You can find oat bran, which is rich in soluble fiber, next to the hot cereal—*

- ¾ cup oat bran
- ½ cup whole wheat flour
- ½ cup whole bran cereal
- ¼ cup packed brown sugar
- 2½ teaspoons baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt

• • •

- 1 beaten egg
- ¾ cup skim milk
- 3 tablespoons cooking oil
- 1 small apple, finely chopped (about ½ cup)
- ½ cup raisins

• • •

- 2 tablespoons granulated sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon margarine, melted
- ¼ teaspoon ground cinnamon



**MUFFINS** with oat bran.

● **In a large mixing bowl** stir together oat bran, the ½ cup flour, cereal, brown sugar, baking powder, the ½ teaspoon cinnamon, and salt. Make a well in the center.

● **In a small bowl combine** egg, milk, and oil. Add to flour mixture. Stir just till






## BETTER PEANUT COOKIES

*Better for you than ordinary peanut butter cookies because there's fiber from the cereal—*

- ⅔ cup packed brown sugar
- ½ cup peanut butter
- 2 tablespoons cooking oil
- 1 slightly beaten egg white
- ½ cup whole wheat flour
- ¼ teaspoon baking soda
- 1 cup multigrain flake cereal

● **In a medium mixing bowl** stir together the brown sugar, peanut butter, and cooking oil till smooth. Stir in the egg white.

● **In a small bowl combine** the whole wheat flour and soda. Stir flour mixture into peanut butter mixture. Stir in cereal.

● **Drop dough** by heaping teaspoonfuls onto an ungreased baking sheet.



**GOOD-FOR-YOU** cookies.

● **Compact the dough balls** lightly and flatten slightly.

● **Bake in a 375° oven** for 8 to 10 minutes or till cookies are lightly browned.

● **Cool cookies** for 1 minute. Remove cookies from baking sheet and cool completely on a wire rack. Makes 18 cookies.

***Nutrition information per cookie:*** *108 cal., 3 g pro., 14 g carbo., 5 g fat (1 g saturated fat), 0 mg chol., 68 mg sodium, 100 mg potassium, 1 g dietary fiber. U.S. RDA: 13% niacin, 10% iron.*

● **Combine** egg white, beans, bread crumbs, celery, peppers, and garlic powder. Add ground beef and mix.

● **Shape meat mixture** into 6 oval patties, each about 5 inches long and ½ inch thick. Place on an unheated rack in a broiler pan.

● **Broil** 3 to 4 inches from heat till of desired doneness, turning once. (Allow 9 to 12 minutes for medium.) *Or,* grill on an uncovered grill directly over *medium-hot* coals till of desired doneness, turning once. (Allow 9 to 12 minutes for medium.)

● **To serve,** wrap burgers in tortillas or place in pita halves. Top each burger with lettuce and *1 tablespoon* salsa. Makes 6 servings.

***Nutrition information per serving:*** *311 cal., 26 g pro., 34 g carbo., 7 g fat (3 g saturated fat), 53 mg chol., 194 mg sodium, 569 mg potassium, 7 g dietary fiber. U.S. RDA: 19% thiamine, 17% riboflavin, 28% niacin, 28% iron.*

## BREAK-TIME TRIO

● **Cheese and crackers**
Spread strawberry cream cheese on two apple-cinnamon rice crackers. Sandwich and transport in a small plastic bag.

● **Fruit and nuts**
Combine dry cereal, nuts, raisins, and dried fruit bits. Keep on hand in a sealed plastic container.

● **Coffee-break cruncher**
Measure 2 cups *puffed wheat cereal* into a paper lunch sack. Combine 1 tablespoon melted *margarine* and 1½ teaspoons *cinnamon-sugar;* pour over cereal. Shake sack. Micro-cook 1 minute on 100% power (high). Shake again. Tote to work in the paper sack.



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Introducing Softsoap® softness with country warmth
liquid soap

Add a touch of country warmth to your home with new Softsoap® liquid soap Country Designs, designed to coordinate with your favorite country decor. Plus, bathe your hands in the softness of Softsoap liquid soap, formulated to gently clean *and* soften skin. In the original no-mess pump.

NEW PRODUCTS

# JUST OUT!

## FOR HOME AND FAMILY

By Tom Jackson and Nancy Hall

**•ABOUT THESE PRODUCTS•**
Check your favorite stores for these new and helpful products, or write to the manufacturer for a list of retail sources near you. Please don't send a check or request an order form from the company. The suggested retail prices listed may vary by store and area of the country.



**QUICK CUTTING** and easy to store, this saw fits into most toolboxes.

### ◄ TOOLBOX SAW

With its beefed up bite this easy-to-store saw is ideal for quick fixes. Teeth are bevel ground on three sides. Handle acts as 45- or 90-degree square. Stanley Short Cut Tool Box Saw, about $13. Stanley Tools, 600 Myrtle St., New Britain, CT 06050.

### PIGGY-BAC VAC ►

Dirt will have a hard time escaping this versatile machine. The cordless Piggy-Bac Vac works as an upright and as a detachable hand vacuum. Rowenta Cordless Vacuum Cleaner AC-05, about $90, Rowenta Inc., 281 Albany St., Cambridge, MA 02139. BH&G

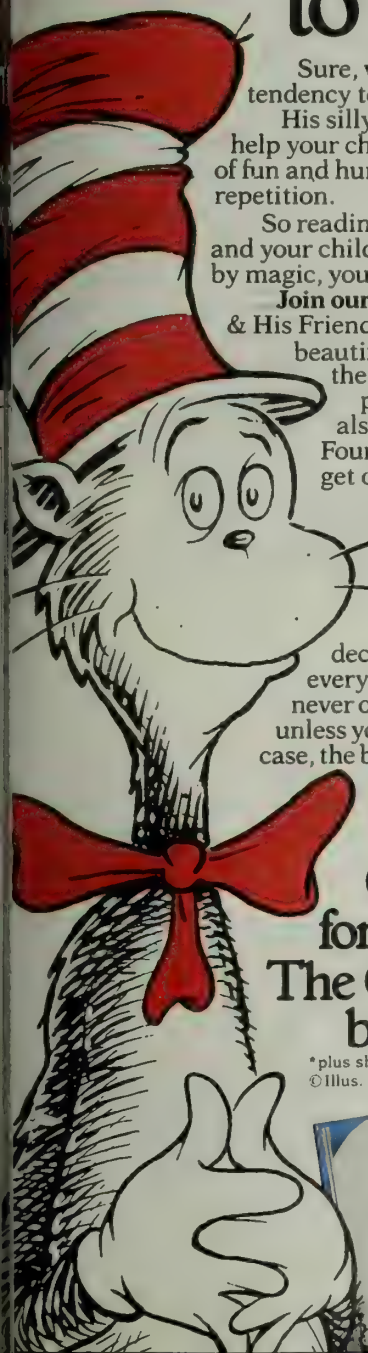


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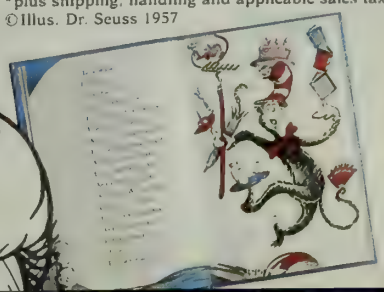
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Dr. Seuss & His Friends

# PERSONALITY PROFILE

## GIVING SPUNK TO YOUR SPACES

By Sandra S. Soria



PHOTOGRAPHS: JOHN VAUGHAN, DESIGN: AGNES BOURNE; FIELD EDITOR: BARBARA EAST CATHCART

In this living room, a roundup of plump chairs provides ample seating without a sofa.

**Personality decorating means putting yourself in the picture. So states *Better Homes and Gardens Decorating with Personal Style,* and the engaging volume proves the point with page after page of charismatic interiors. This home and others show you how to get personal with your rooms.**

### Making arrangements

Breaking free from decorating dictates—such as "There must be a sofa in the living room"—is one way to play up a room's personality. Shunning standardized room arrangement formulas, designer Agnes Bourne puts chairs in the round for an intriguing change of place. Propped on fun-bun feet, plump cabana-striped chairs promote relaxed conversation. Anchoring the seating pieces, and the mismatched gathering of tables that separates them, is a wonderfully worn, heirloom Heriz rug.



Horsing around with eccentric art gives a room a lively personality.

### Show-stopping art

Nothing personalizes an interior like art. In her home, Agnes boldly displays her taste in art to give her rooms instant—and lasting—impact. Although a serious piece of sculpture, a big-as-life steel and pipe equine adds a lively touch of horseplay to this living room. At the opposite end of the room, strokes of brilliance on canvas (depicting a modern-day translation of Noah's Ark) work with the sculpture to give this room its distinctive character.

### Personality test

Looking for other ways to put your stamp on a home? You'll succeed if you trust your own taste, and dare to bare your life and loves to others. Ultimately, the real key to personal style is the one that unlocks your own heart.

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8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Feb.'85.




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Shown: Golden Juilliard pattern in stainless and gold.

For a sample teaspoon send $1.00 and pattern name to: Oneida Sample Center, P.O. Box 9777, New Brighton, MN 55197.

# GOURMET CROPS

## PINT-SIZE PRODUCE FROM A PINT-SIZE PLOT



PHOTOGRAPH: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

By Jane Austin McKeon



**I'm sold on baby vegetables because they're easy to grow and good to eat.**

Photographs: Peter Krumhardt

**There's a baby boom in my backyard! It started last summer when I grew a bunch of little vegetables in my garden. Often called miniatures or babies, this new generation of tiny, gourmet vegetable varieties is bound to charm you, too. Here's how you can become a connoisseur of baby vegetables in your garden.**

*continued on page 38.*



### PINT-SIZE PLOT

*Bumper crops from a tiny bed*

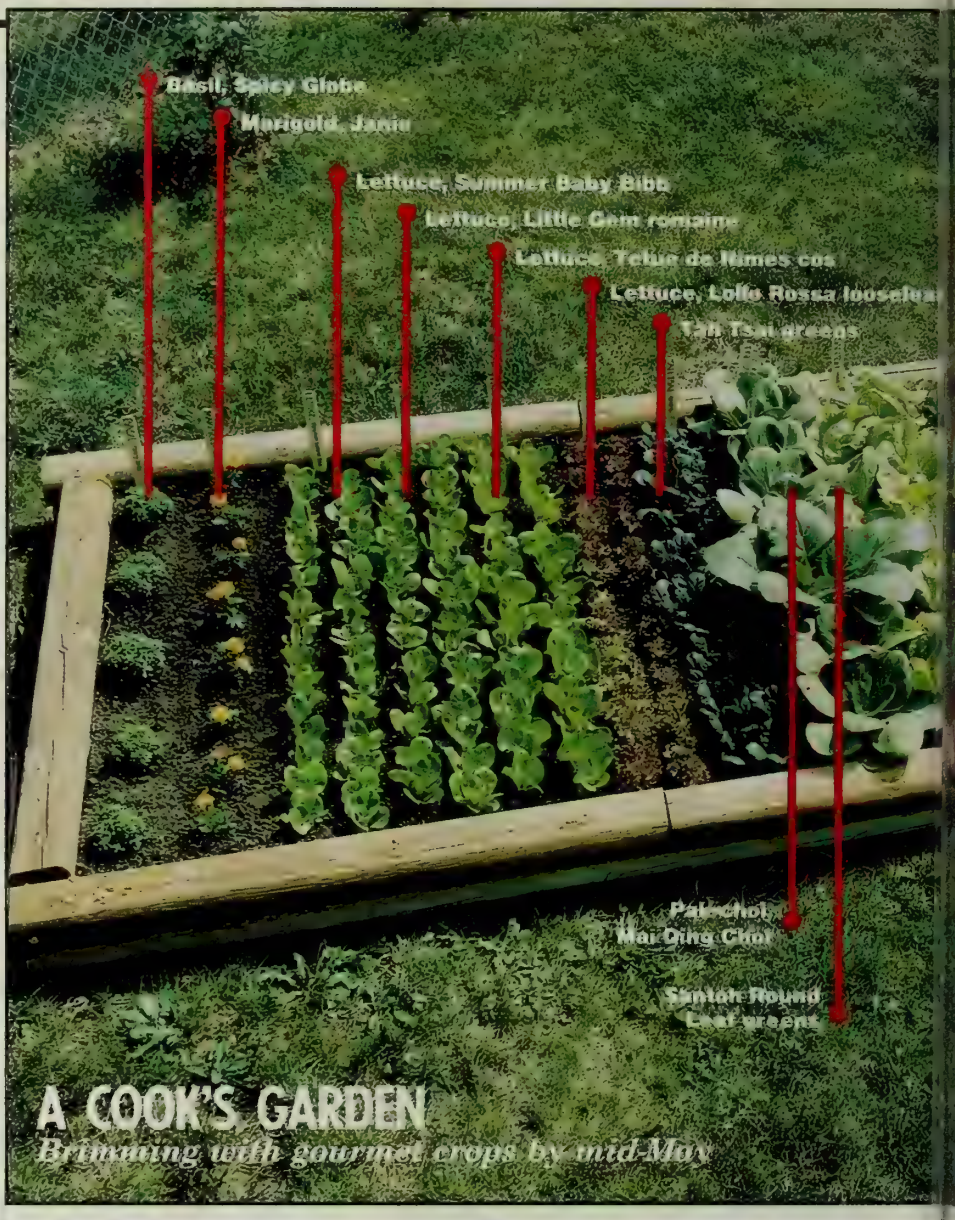
● Because of their diminutive size, baby vegetables need only a small space to grow. I planted over 20 varieties in my 4×16-foot raised bed. Turn the page for some seasonal garden tips.

**Buying information, page 163.**

*continued from page 37.*

## PINT-SIZE PLOT

**Before planting, I sketched my garden (*right*) on paper. I marked 1-foot sections along the length of the bed, then penciled in rows of crops according to their space needs. Because spring salad crops come out by early summer, I grouped them so I could replant the area all at once with second crops.**






### MAY 7

**SPROUTING SPRING CROPS**

Just one month after planting, my salad crops were up and thriving. While seedlings were still small, I thinned greens to 6 inches apart and carrots and beets to 2 inches apart.



### MAY 18

**ADDING ALPINE STRAWBERRIES**

Because alpine strawberries will remain for many seasons in the garden, I planted them at one end so plants can grow undisturbed. I spaced plants 12 inches apart in three staggered rows.



### JUNE 6

**NURTURING A BIG HARVEST**

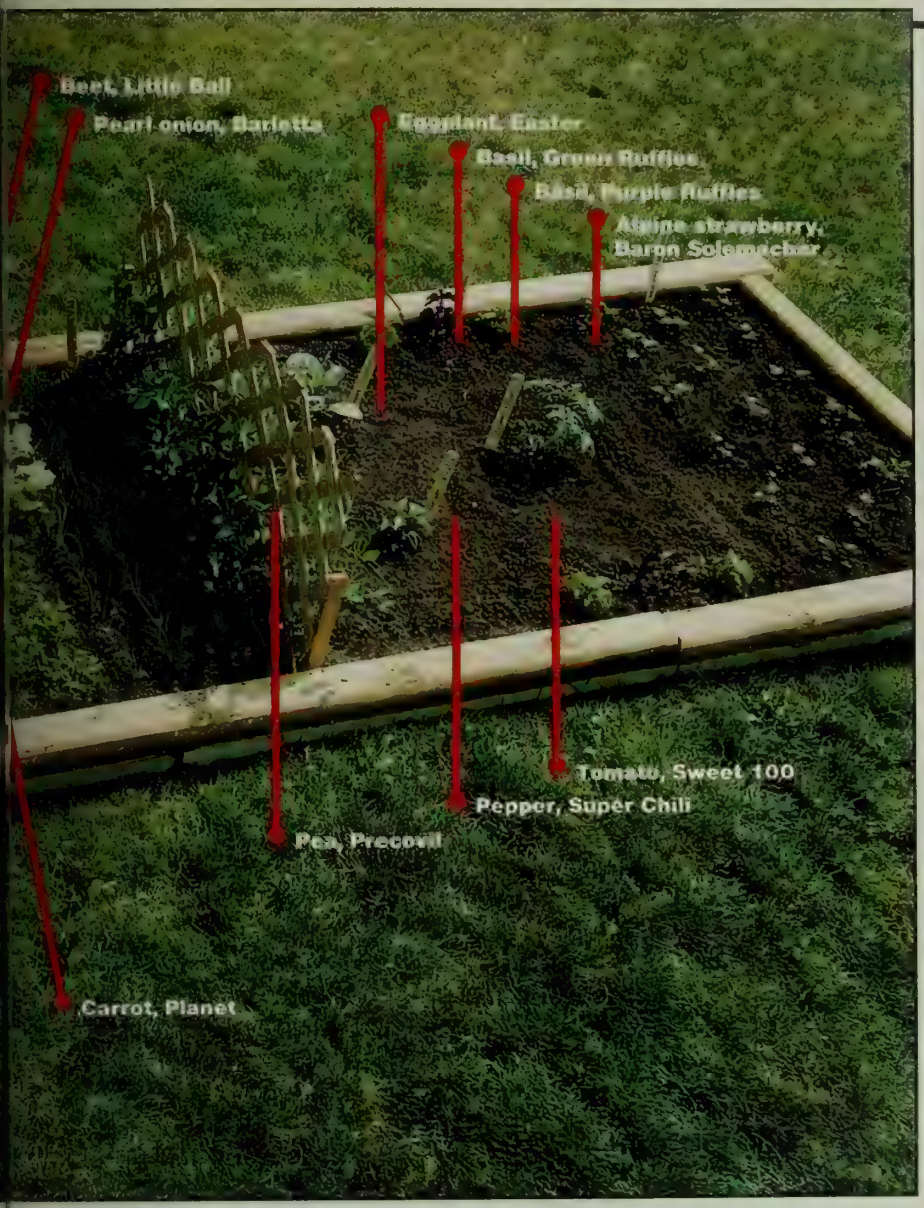
To ensure a bumper crop, I babied my little vegetables. I fertilized plants every two weeks with a commercial foliar food made from ocean algae, and I watered daily during rainless periods.



### JULY 15

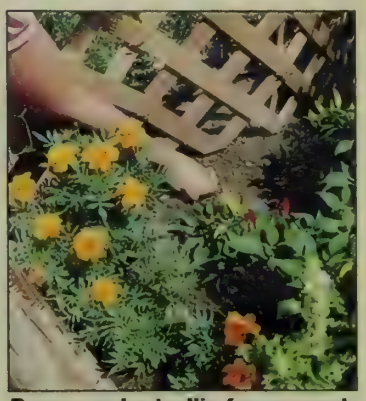
**REPLANTING FOR SECOND CROPS**

Rains early in the month revived my thirsty garden. Planted in late June, beans sprouted where salad crops came out. To keep my tomato plant upright, I caged it with concrete-reinforcing wire.




## PLANTING TIPS

*Give crops a good start*



**Peas need a trellis for support.**

- Sow seeds indoors in early spring for basil, marigold, eggplant, pepper, tomato, and strawberry plants. After danger of frost is past, harden off (acclimate) plants outdoors for a few days before transplanting into the garden.
- Sow seeds of greens, pak-choi, carrots, beets, onions, and peas in the garden as soon as soil can be worked. Soak peas overnight in water for quick germination.
- Keep soil evenly moist. For a gentle mist, I attached a Gardena watering wand to my garden hose.

## GETTING A SECOND HARVEST

*Plant seeds in midsummer*



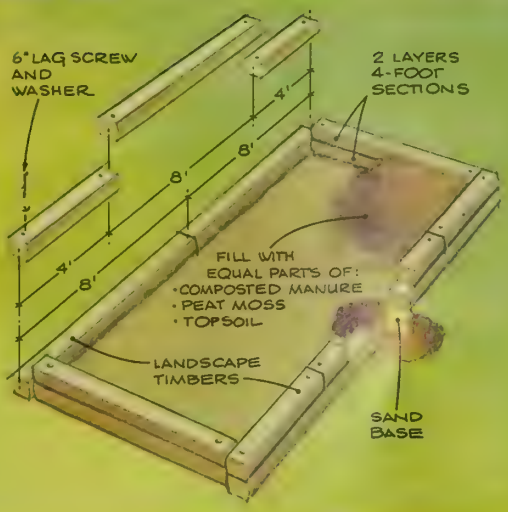
MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

- Sow seeds of quick-growing beans when spring crops come out.
- Poke broccoli, cauliflower, and cabbage transplants in the gaps.
- Plant a second crop of peas in late July for fall harvest.

## HOW TO BUILD A RAISED BED

*Simple construction*

- To build a 4×16-foot raised garden (*right*), buy ten 4×4 landscape timbers, sold at lumberyards in 8-foot lengths. Strip sod and till soil where bed will be. Dig a trench for a sand base under timbers so they lie flat. Each short end is one timber halved and stacked. Each long side of the bottom layer is two timbers laid end to end. For stability, alternate stacking of top layer. Secure with 6-inch lag screws and washers.




EUGENE THOMPSON

*continued on page 40.*

*continued from page 39*

# LITTLE LETTUCES

*Single-serving bunches for savory spring salads*



**LOLLO ROSSA LOOSELEAF**

Cut these red-ruffled leaves small or full size. They'll grow back for continuous harvests into summer.



**SUMMER BABY BIBB**

At maturity, the heads are only 5 to 6 inches in diameter. One open rosette fits beautifully on a salad plate.



**LITTLE GEM ROMAINE**

Tossed whole into salads, the bite-size leaves of this mini-romaine are more tender than standard varieties.

# HARVESTING TIPS

*Proper picking time is the key to baby tenderness*




PHOTOGRAPH: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

**Too cute to eat? Nonsense! Baby vegetables are an irresistible treat.**

- Check your garden's progress daily. Warm weather will quickly turn baby vegetables into adult ones.
- Harvest vegetables at the right size. Baby vegetables can be either regular varieties that are picked when premature, or special varieties that are bred to be small when mature, such as cherry tomatoes and ball-shape carrots.
- Pick vegetables as you need them, instead of harvesting them all at once. Baby vegetables have the best flavor when eaten fresh. Leaving them in the garden will extend your pleasure.
- Enjoy lettuce thinnings from overcrowded rows, no matter how tiny the leaves are. Harvest all greens before plants bolt in hot weather.

**To order seeds for a collection of seven baby vegetables or order a cookbook, see page 174.**

# ALPINE STRAWBERRIES

*Tiny taste temptations*



PHOTOGRAPH: ALAN ABRAMOWITZ. FIELD EDITOR: TRISH MAHARAM

**Compact and prolific.**

- Alpine strawberries, called fraises des bois by French chefs, are a feast for the eyes when growing in the garden. Unlike their larger cousins, these tiny wild gems don't send out runners, making them ideal for small gardens like mine. The compact mounds are everbearing, too, for fresh picking all summer.

Alpine strawberries can be grown from seeds sown indoors anytime from January to April. To have transplants by mid-May, I started seeds in early March. If you don't want to fuss with seeds, you can start with nursery-grown plants.

My strawberry crop began to ripen in July, and continued until the first hard frost. Best eaten fresh from the patch, my berries were gobbled up as fast as they ripened.

*continued on page 42*

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A5176
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*continued from page 40.*

# BABY VEGETABLES

*Marvelous miniatures for a small-space garden*



**MEI QING CHOI PAK-CHOI**

This scaled-down Chinese cabbage is slow to bolt in hot weather. Its tender stalks are great for stir-frying.



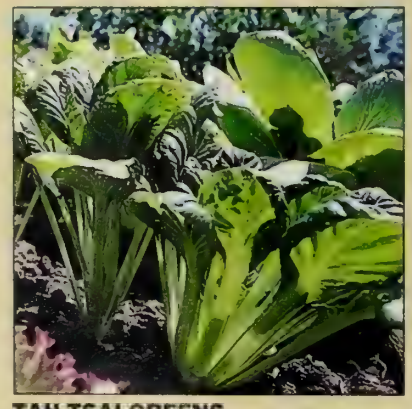
**SWEET 100 TOMATO**

Branches of this cherry tomato are smothered with sugary-sweet fruits. Delicious by the handful or in salads.



**PLANET CARROT**

Unlike their long, skinny cousins, these round, bite-size carrots don't need deeply dug soil. Eat them whole.



**TAH TSAI GREENS**

The dark, spoon-shape leaves on these compact plants are an excellent, heat-tolerant substitute for spinach.



**EASTER EGGPLANT**

No yolks, folks! This novelty bears fruit the size of chicken eggs, but tastes just like traditional eggplant.



**BARLETTA PEARL ONION**

These crisp baby bulbs grow quickly from seed. For best eating, harvest when they're an inch in diameter.

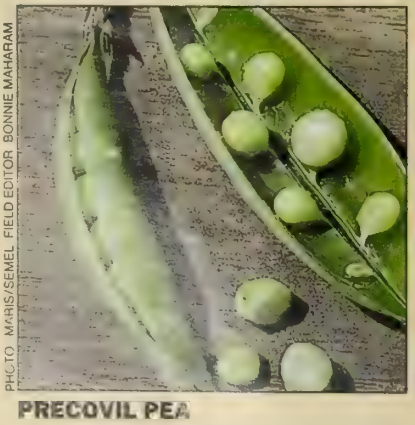


PHOTO MARIS/SEMEL FIELD EDITOR BONNIE MAHARAM

**PRECOVIL PEA**

Favored by French chefs for their delicate size and flavor, these peas should be picked young and petite.



**SPICY GLOBE BASIL**

This baby basil is both edible and ornamental. Tiny leaves form a dense mound that stays compact all season.

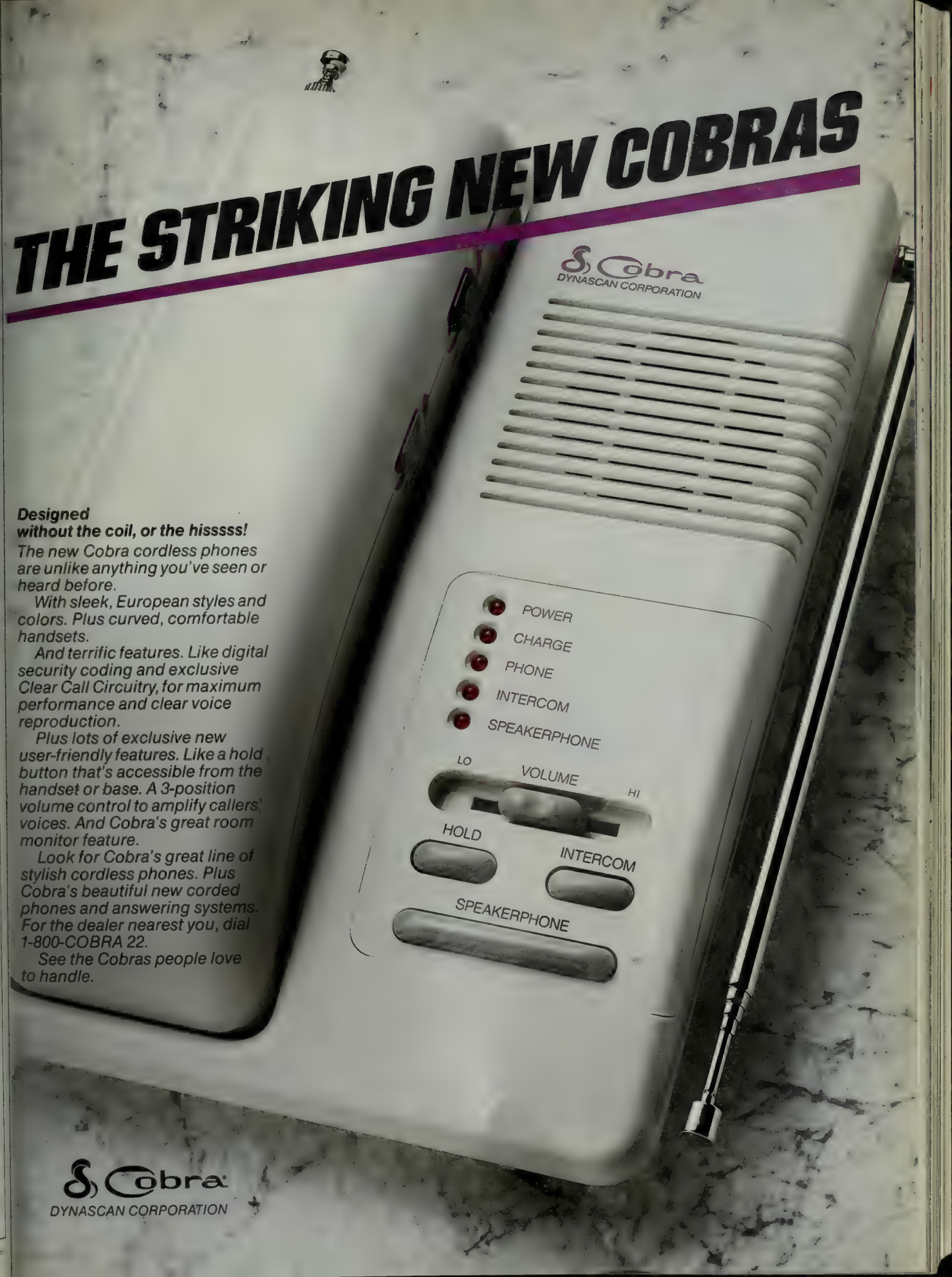


**LITTLE BALL BEET**

Dig these sweet, Dutch-bred treats when they're 1 to 1½ inches in diameter. Good for cooking and pickling.

*How to prepare baby vegetables, page 48.*

# THE STRIKING NEW COBRAS




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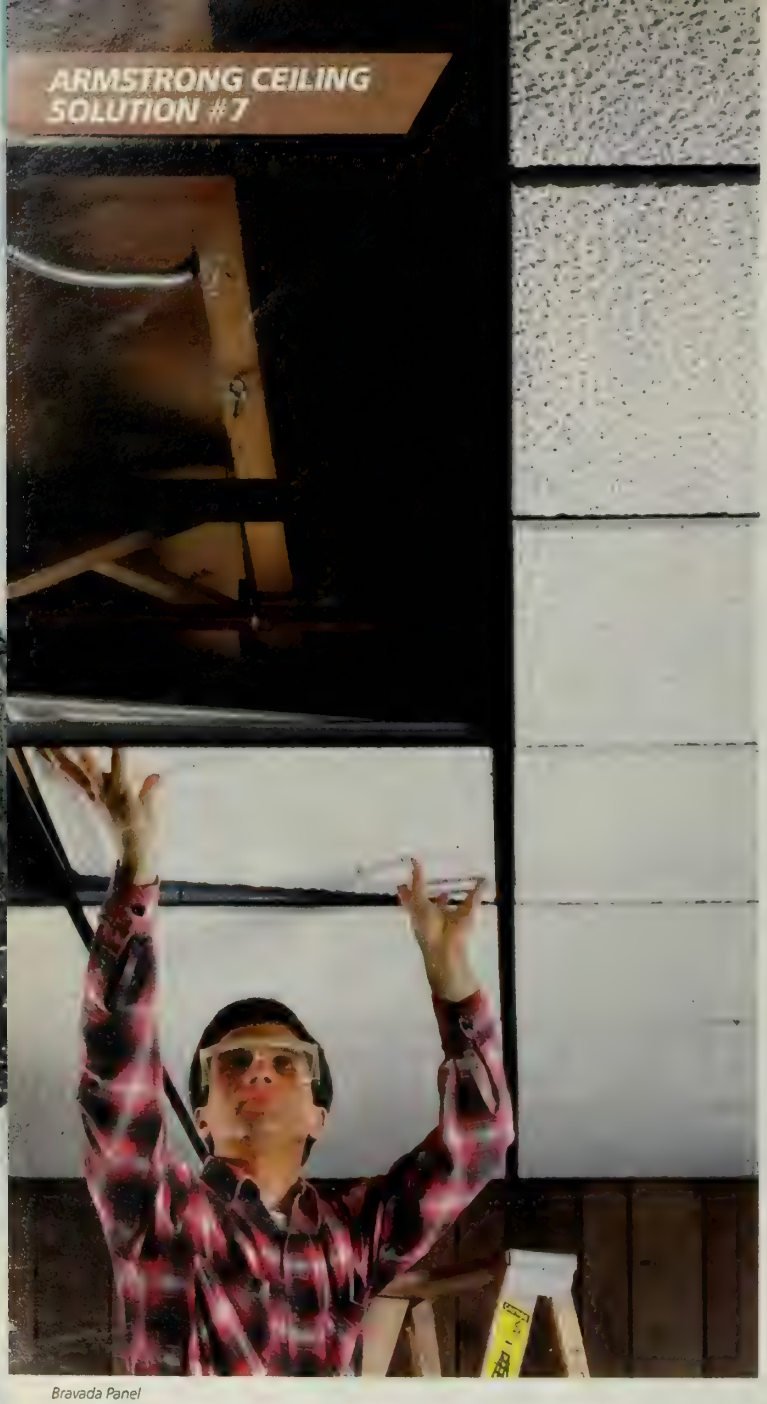
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# SMART SHOPPING STRATEGIES

## HOW TO PREPARE, WHERE TO GO, WHAT TO BUY

By Christine Begole

**Electronics products are probably the hottest bargains around—IF you know what you're doing.**

### Before shopping

A little reading goes a long way. Thumb through magazines that specialize in the type of product you're interested in. Pay attention to brand names in both the editorial content and ads to develop a sense of the leaders in the field. Read *Consumer Reports* for an idea of what factors to heed especially, even if the models discussed are no longer current.

If you're not an expert, consult with friends who are. Ask what they love and hate about what they own. Get them to teach you the basics, so you can knowledgeably punch buttons and ask questions when you shop in the stores.

Think through how much help you'll need before, during, and after your purchase. With at least one truly expert friend's guidance, you may be satisfied in no-frills stores. If you'll be on your own and you're not an expert, seek out a service-oriented store. It's worth the extra $50 to $100 you may pay to deal with salespeople who know their products and expect to help you even after the sale is made.

### Are major brands best?

Not necessarily, but remember that leading manufacturers stay leaders by providing not only quality, but also help to customers right when it's needed. Most top producers maintain customer service departments, for example, which you can contact directly for advice.

The range of manufacturers' services varies; ask before you buy. Will they send you appropriate boxes and packing materials should you have to move, for example? What about supplying filters or adapters to cope with interference? Can you get a replacement owner's manual? Will they recommend a nearby authorized service center, or arrange an exchange to substitute a new product for a dud?

### In Search of a Perfect Match: Where to Go, What to Expect

**Department stores**

- Familiar environment
- Salespeople know basics only
- Product selection weighted in direction of package deals
- Wide range of major brands

**Well-matched customer**

- Very uncomfortable with shopping for electronics
- Will do some research
- Interested in major brands
- Not picky about details

**Discount stores**

- Few-frills environment
- No salespeople
- Medium range of major brands. Medium range of inexpensive, less-than-premium brands

**Well-matched customer**

- Will do some research
- Product excellence not a top priority
- Interested in relatively simple product categories
- Fairly self-reliant

## In-store tactics

● ***Choose a good time.*** For personal service, avoid lunch hours and Saturday mornings, or call ahead to make a specific appointment.

● ***Touch, shake, and play.*** Insist on pressing buttons and making things happen yourself, to give you a "feel" for each piece of gear and evaluate quality about the practicality of features.

● ***Take a walk.*** There's no need to succumb to sales pressure. Many customers ask for product literature, evaluate it at home, and go back to make a final decision. Even if you want to buy today, feel free to take time out. Often just asking the salesperson to leave you alone for 10 minutes can give you breathing space.

● ***Buy hook-up accessories on the spot.*** One of the biggest headaches of the electronic age is getting home with a new product, only to discover that you need a specific adapter, wire, or type of battery to make your purchase work. Ask about extras and accessories before you pay.

● ***Compare warranties.*** Most warranties are fairly standard; a few provide special protection. **Tip:** You generally do not have to send anything to the manufacturer to activate the warranty. **Tip:** As soon as you unpack the product, staple your bill of sale to the warranty and file in a safe place.

Warranties protect you against manufacturing defects that occur in a small percentage of products. The defects will show up within the warranty period if you use the product heavily during that time—and the manufacturer will make repairs for free. Once the "burning in" phase has passed, electronic products are exceptionally reliable. **Tip:** In most cases, you should ignore extended warranty options. They tend to be very expensive and do not protect you when you're most likely to actually need repairs—five years or more after the purchase date. BH&G

## In Search of a Perfect Match: Where to Go, What to Expect

### Major electronics chain

- Few-frills environment
- Sales help fairly familiar with available products
- Wide range of brands and models to choose from

**Well-matched customer**

- Will do some research
- Wants wide range of choice
- Needs more sales expertise than department store, but not as much as specialty store

### Specialty store

- Small-store environment
- Salespeople: specialize in specific product category
- Medium range of brands/models to choose from, often handpicked by store on basis of individual strengths

**Well-matched customer**

- Will do some research
- Not cowed by specialists
- Excellence is top priority
- Service and individual attention crucial

### Deep discount stores, mail-order outlets

- Stores: no-frill, chaotic
- Rock-bottom prices
- No demos, little service
- Sales-volume oriented

**Well-matched customer**

- Highly self-reliant
- Willing to do all product research independently
- Knows exact brand and model number desired
- Prepared to deal with manufacturer directly for repairs or service needs

*—Christine Begole is an electronics expert and frequent contributor to* Better Homes and Gardens.


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# PINT-SIZE PRODUCE

## GOURMET TOUCHES THAT MAKE THE MOST OF THE NEW TINY VEGETABLES

By Barbara Johnson

**Baby vegetables offer some things grown-up vegetables just don't have: supreme tenderness, delicate fresh flavor, and eye-appealing petiteness. Here are the best ways to show off the unique qualities of this hot-on-the-scene produce.**



MARIS/SEMEL

**Create a feast from a bounty of pint-size produce.**

### Baby lettuce

Summer Baby Bibb, Little Gem romaine, Tetue de Nimes cos, Lollo Rossa loose-leaf . . . they're everything you'd expect from lettuce and more. The leaves are extra tender and have a delicate, rich buttery flavor.

● **How to use:** Usually, one head of these tiny lettuces is just right for a single serving. Simply rinse, drain, and gently open the leaves for an instant salad. Serve with a light herb dressing.

### Baby greens

Tah Tsai greens, Mai Qing Choi pak-choi, and Santoh Round Leaf greens are all crunchier than baby lettuce.

Mai Qing Choi pak-choi is also known as bok choy. This variety looks like bok choy at your store, only tinier.

Santoh Round Leaf greens are similar to Chinese cabbage. But, the young, broad light green leaves of Santoh Round Leaf greens are smaller and smoother than those of Napa cabbage.

Tah Tsai greens are dark, crinkled, round, and look like miniature spinach.

● **How to use:** Try Mai Qing Choi pak-choi and Santoh Round Leaf greens in oriental cooking—especially stir-frying. Clean well, then cut into thin slices and stir-fry 1 to 3 minutes.

Tah Tsai greens taste a lot like spinach, so they're good cooked in soups and raw in salads. Add to soup the last 30 to 60 seconds just to wilt.

### GREAT ACCOMPANIMENTS FOR PINT-SIZE PRODUCE

#### FRESH PESTO

Rinse *basil* and pick the leaves from the stems. Throw 2 cups lightly packed leaves and a couple cloves of *garlic* into your food processor or blender. Cover; process or blend till they're finely chopped. Stop the processor or blender several times to scrape down the sides so everything gets chopped. Now add ¾ cup grated *cheese, Parmesan* or *Romano*—whichever you prefer. Once again, process or blend till well combined.

Finally, add ½ cup *olive oil* or *cooking oil* a little at a time, processing or blending well after every bit of oil you add. Your pesto may look thick, but it's just right for tossing with hot cooked pasta or vegetables. Dig in!

#### FRESH HERB BUTTER

Let a couple tablespoons of *margarine* or *butter* stand at room temperature to soften. Stir in 1½ teaspoons of snipped *fresh basil, dillweed, marjoram, oregano, sage,* or *thyme.* Melt over your hot-cooked baby vegetables, and enjoy!

### Homegrown basil

Spicy Globe basil, Green Ruffles basil, Purple Ruffles basil . . . they're flavorful, aromatic, and pretty!

● **How to use:** Use to make **Fresh Pesto** (see recipe, *left*) or put in tomato sauce. Also use clusters for garnishes, or toss whole leaves in salads.

### Baby strawberries

Fraises des Bois are tiny, sweet, and succulent.

● **How to use:** Rinse and hull. Then, splash them with cream for a real treat!

### Baby vegetables

Tender, juicy, and full of flavor—that's the promise of these minis. Some of the vegetables are regular varieties that you harvest early, others are mature varieties bred to be small.

● **How to use:** Eat them raw or cook to crisp-tender perfection. For approximate cooking times, refer to the chart on *page 50.* Lightly season with **Fresh Herb Butter** (see recipe, *left*).

### Baby tomatoes

Sweet 100 tomatoes are an inch around and taste sweet, like candy.

● **How to use:** Pop them into your mouth fresh from the vine. Or, add them to a salad.

### Baby chili peppers

Very hot—that's the watchword for these Super Chili peppers.

● **How to use:** Use them fresh or dry them, if you like. Add to dishes in moderation. As with all chili peppers, avoid direct contact. Their volatile oils can burn skin and eyes. While working, wear plastic gloves, or work under cold running water. If you touch the pepper, wash your hands well with soap and water. Avoid touching your eyes.

*continued on page 50*

# 40% SIN
# 60% FORGIVENESS

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Yes, we freely confess that a full 40% of Country Morning® Blend is real butter. And not just any ordinary butter, either. It's famous Land O Lakes® butter. Rich, creamy, wickedly delicious Land O Lakes butter. But the other 60% is pure, saintly corn oil margarine that means a comforting 60% less cholesterol.

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Action Lane®

DUPONT DACRON XL

## PINT-SIZE PRODUCE

*continued from page 48*

### COOKING TIMES FOR PINT-SIZE PRODUCE

- **Planet carrots**
  **Boil:** 15 to 20 minutes
  **Microwave:** (2½ cups) 10 to 13 minutes
  **Steam:** 18 to 21 minutes

- **Little Ball beets**
  **Boil:** 20 to 30 minutes
  **Microwave:** (2½ cups) 10 to 13 minutes

- **Barletta pearl onions**
  **Boil:** 10 to 15 minutes
  **Microwave:** (2 cups) 5 to 7 minutes
  **Steam:** 15 to 20 minutes
  **Stir-fry:** 4 to 6 minutes

- **Precovil Petit Pois peas**
  **Boil:** 4 to 6 minutes
  **Microwave:** (2 cups) 4 to 6 minutes
  **Steam:** 5 to 7 minutes

- **Easter eggplant**
  Timings are for 1-inch slices.
  **Boil:** 8 to 10 minutes
  **Broil:** 10 to 12 minutes
  **Microwave:** 5 to 7 minutes
  **Steam:** 9 to 11 minutes

- **Royal Purple and Vernandon Haricots Verts beans**
  **Boil:** 10 to 12 minutes
  **Microwave:** (1½ cups) 6 to 8 minutes
  **Steam:** 12 to 15 minutes

- **Broccoli**
  **Boil:** (spears) 10 to 12 minutes
  **Microwave:** (1 pound; ½-inch cuts) 5 to 8 minutes
  **Steam:** (spears) 10 to 12 minutes
  **Stir-fry:** (½ pound; ½-inch cuts) 2 to 4 minutes

- **Cauliflower**
  **Boil:** (whole) 7 to 10 minutes (flowerets) 5 to 7 minutes
  **Steam:** (whole) 10 to 12 minutes (flowerets) 7 to 10 minutes
  **Microwave:** (whole) 5 to 7 minutes (flowerets) 3 to 5 minutes

***Note:** Cooking times are approximate and are for whole vegetables, *except* where indicated. Use the timings as a guide to cook the vegetables to desired doneness. All microwave timings are at 100% power (high) with 2 tablespoons *water* added to the dish. BH&G

# SALAD WITH SORREL

## TANGY AND TEMPTING



SCOTT LITTLE

**The fresh herb, sorrel, can add pizzazz to many recipes.**

### SHRIMP SALAD WITH CREAMY SORREL DRESSING

*Fresh sorrel gives the rich dressing a lemony zip—*

- **12 ounces fresh *or* frozen cooked shrimp**
- **1 medium cucumber, halved lengthwise and thinly sliced**
- **1 small red onion, sliced and separated into rings**
- **¼ cup thinly sliced celery**
- **⅓ cup whipping cream**
- **½ teaspoon finely shredded lemon peel**
- **⅛ teaspoon salt**
- **½ cup finely snipped sorrel (about 1 ounce)**
- **¼ cup mayonnaise *or* salad dressing**
- **5 ounces sorrel *or* spinach leaves**

Thaw shrimp, if frozen. Toss together the shrimp, cucumber, onion, and celery. Cover and chill 2 to 3 hours.

At serving time, for dressing, in a small mixer bowl beat the whipping cream, lemon peel, and salt with an electric mixer on low speed till soft peaks form. Fold in the ½ cup sorrel and mayonnaise. Line 4 plates with remaining sorrel or spinach. Top with shrimp mixture and dressing. Serve immediately. Makes 4 main-dish servings.

***Nutrition information per serving:*** 267 cal., 20 g pro., 6 g carbo., 19 g fat, 141 mg chol., 300 mg sodium, and 2 g dietary fiber. U.S. RDA: 65% vit. A, 43% vit. C, 17% niacin, 14% calcium, 16% iron, and 23% phosphorus.



**Fresh sorrel leaves.**

### SORREL BUYMANSHIP

Sorrel is now available year-round, but supplies peak during the spring and summer. Wash, dry, and remove the stems from this large-leafed herb (usually 6 to 8 inches long) before using. Tear the leaves into bite-size pieces or chop them with a knife. Treat sorrel as you would spinach leaves, but keep in mind that sorrel is stronger flavored. Stir chopped sorrel into plain yogurt for meat or fish. BH&G


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# TRAMP ART

By Jim Williams and Jilann Severson



**ZIGZAG FRAME**

A crackled, or alligator, finish sets off the irregular pattern of chipped lattice strips. Layer the narrow pieces upward and outward for a ziggurat effect.

# WHITTLE YOUR WAY TO INCREDIBLE RESULTS

**Tramp art carves its way forward as a hot item of collectible folk art! Notch and layer these contemporary examples from soft wood, then top them off with a special aged-paint finish for added charm.**

## THE MAKINGS OF TRAMP ART

Itinerant workers of the 1800s carved discarded fruit crates and cigar boxes into the first tramp or chip art. Layering graduated sizes of such common shapes as hearts, squares, rectangles, and circles, they randomly notched or chipped the edges to add a sculptural look to their one-of-a-kind pieces.

By 1900, craftspeople throughout the country were imitating their techniques, and carving the crude art forms was a popular pastime. Today, tramp art is fast becoming one of the most sought-after and collectible forms of American folk art. Look for pricey, authentic examples, or the occasional bargain, at quality antiques shows throughout the country.



## ● HEART AND PYRAMID FRAME

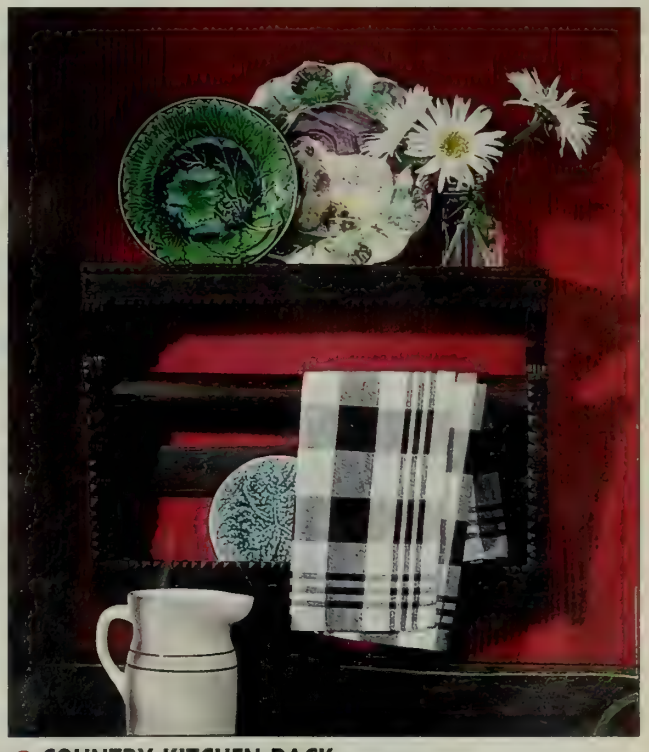
Chisel your way into someone's heart with this knockout picture frame. A simple plywood base is layered with concentric shapes, then painted and lacquered to achieve the distressed finish for a terrific aged look.



PHOTOGRAPHS: PERRY STRUSE DESIGNS: JIM WILLIAMS

## ● WALL-HUNG WHATNOT

This quizzical little whatnot possesses an uncanny sculptural quality reminiscent of original tramp art. Cut the basic shapes from soft wood, then chip the edges and layer it all together to create the three-dimensional pyramid effect.



## ● COUNTRY KITCHEN RACK

Tramp art makes a perfect country accent. A folksy kitchen plate rack doubles as a bar for dish towels. Enhance the edges with randomly spaced notching just before assembly, then stain or paint with our distressed finish.



**Instructions begin on page 54.**
**To order project plan, see page 174.**

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*continued from page 53*



**COUNTRY KITCHEN RACK.** This handsome plate rack doubles as a bar for dish towels.

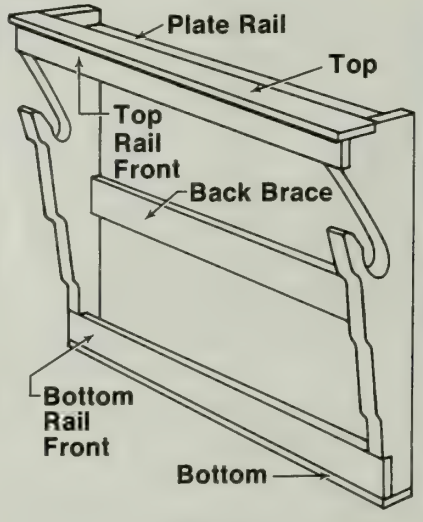
**General instructions:** Decorative tramp or chip art consists of random notches carved into soft wood. Many pieces consist of concentric shapes built up to make three-dimensional surfaces. Because of the nature of the carving, no two pieces will be exactly alike.

**Painting instructions for all projects:** Some of the examples photographed on *pages 52–53* are finished with a crackle or alligator finish. Each finish will be different, but to achieve a similar finish, follow these steps: First, seal the wood with a clear sanding sealer. Next, paint with an oil-base paint in the color of your choice. Allow to dry.

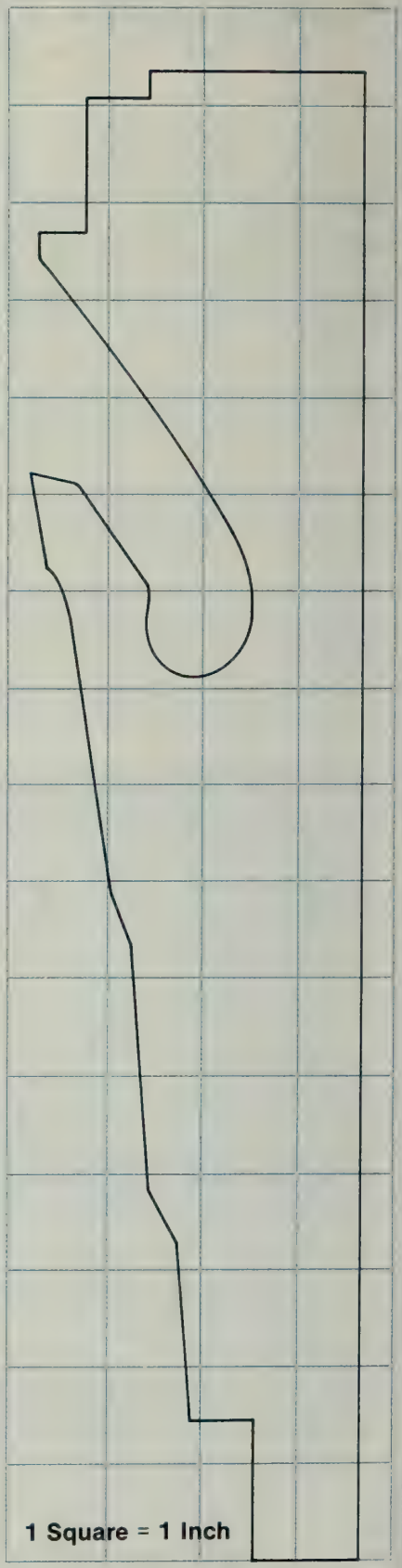
To create the crackle finish, coat the piece with a contrasting lacquer. Because oil and lacquer are not compatible, the lacquer will "crawl" on the oil surface until it dries.

*Note*: Lacquer may be put over raw wood once the wood has been sealed with sanding sealer and gloss varnish. Apply lacquer as above. Mist with

**COUNTRY KITCHEN RACK ASSEMBLY**




**COUNTRY KITCHEN RACK SIDES**




*continued on page 58*

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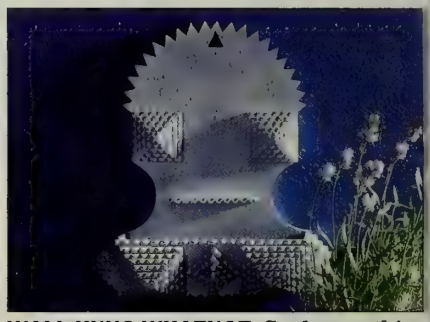
SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

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A closet pole may be used for the towel rack if desired, but it will not be as thick. Cut ends as above.

With utility knife, randomly notch all edges. Finish as desired.



**WALL-HUNG WHATNOT.** Sculpture this one-of-a-kind piece of art from plywood and balsa wood.

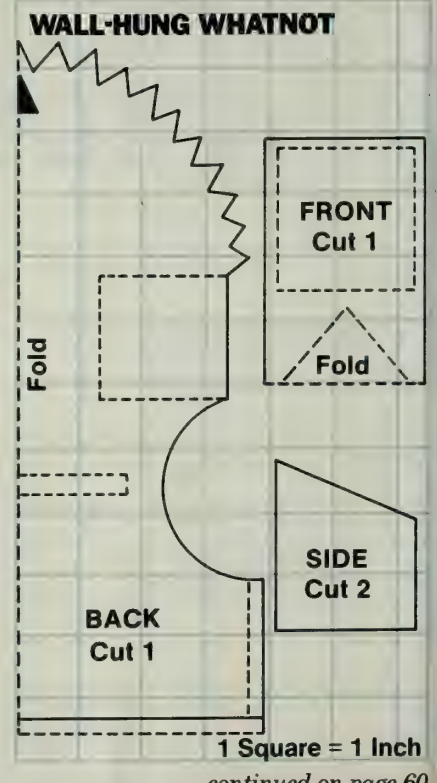
**WALL-HUNG WHATNOT, page 53**

**Materials:** 8×12-in. piece of ⅜-inch plywood; three ¼×3×36-in. pieces of balsa wood (available at hobby or crafts supply stores); wood glue; wire brads; sharp utility knife.

**Instructions:** Enlarge pattern (*below*) and flop designs to complete. Transfer back pattern to plywood; cut out. Fill edges as needed; sand lightly. Transfer front- and sidepieces to balsa; cut out. Make random notches on edges.

Assemble sides, bottom, and front pieces to bottom of back with wood glue and brads; let dry.

From balsa, cut a 1×3½-in. piece for "shelf." Carve random notches, referring to photograph on *page 53* for detail. Attach to center back.




*continued on page 60*

## TRAMP ART

*continued from page 54*

lacquer thinner to cause more separation, if desired.

*Note: Weather conditions such as heat, cold, or humidity may affect the crackling of the painted finish. Experiment on scraps of wood before beginning the finished piece.*

**COUNTRY KITCHEN RACK, page 53**

**Materials:** Clear pine in the following amounts and measurements: two 1×4×16 in. for sides; ¼×1¾×21¾ in. for bottom; ¾×1½×21¾ in. for bottom rail front; ½×1½×21¾ in. for top; ½×1½×21¾ in. for top rail front; ½×2¾×20 in. for plate rack; 21¾-in.-long ash bat blank, furniture square, or closet pole for towel bar; wood glue; No. 4 finishing nails; plane; utility knife.

**Instructions:** Enlarge side pattern on *page 54* and transfer design to 1×4×16-in. pine pieces; cut out sides.

Glue and nail front rails, top and bottom pieces, and back brace in place. Cut plate rail to fit inside top. Glue and nail plate rail in position 1 in. from top edge on sides and front rail.

For towel bar, plane furniture square or ash bar blank to 2-in. diameter, leaving surface rough. Cut ends to ¾-in. radius 1 in. long to fit in side slots. *Note:*

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### FRUIT 'N SAUCE™ OATMEAL BARS

- 1 cup packed brown sugar
- ½ cup margarine or butter, softened
- ¼ cup shortening
- 1¾ cups all-purpose flour
- ½ teaspoon baking soda
- 1½ cups quick cooking oats
- 2 cups Musselman's® Apple-Cherry Fruit 'N Sauce™

Heat oven to 400°F. Combine brown sugar, margarine and shortening. Mix in flour, baking soda and quick cooking oats. Press half of the mixture in greased 9″x 13″x 2″ pan; spread with Musselman's® Apple-Cherry Fruit 'N Sauce.™ Top with remaining crumbly mixture, pressing lightly. Bake until light brown, 25 to 30 minutes. Cut into bars while warm, about 2″x 1½″. Makes 3 dozen bars.

### SUNNY DELIGHT

- 6 oz. orange gelatin
- 2 cups Apple-Pineapple Fruit 'N Sauce™
- 1 cup Sparkling Apple Cider

Heat Fruit 'N Sauce™ to boiling, stir in gelatin. Mix thoroughly. Cool to room temperature, add Sparkling Cider. Pour into mold. Chill until firm.




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Division of Knouse Foods, Biglerville, PA 17307

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drill hole in top layers. Position in corners and glue squares in place.

For decorative hearts, draw a 3¼ × 4¼-in. heart on paper. Transfer to balsa wood; cut out. Make 2 additional hearts, each ¼ in. smaller all around than the previous one. Randomly notch all edges. Repeat to make 14 sets.

Position 3 hearts at top and bottom of frame and 4 hearts at sides, referring to photograph on *page 53* for detail. Glue and nail hearts in place. Glue on smaller hearts as for corner pyramids (*see instructions above*).

Finish as desired.

**ZIGZAG FRAME, page 53**

**Materials:** 4 ft. ½ × ¾-in. pine; 15 ft. pine lattice; wood glue; wire brads; staple gun; utility knife.

**Instructions:** From lattice, cut and assemble rectangles with *inside* measurements in the following sizes: 8 × 11, 10 × 13, 12 × 15, 14 × 17, 16 × 19, and 18 × 21 in. Miter corners for clean edges.

Carve random notches on the inside and outside edges of all the tiers.



**ZIGZAG FRAME. An alligator finish enhances this layered ziggurat-style frame.**

To assemble, lay largest tier *upside down* on a flat surface. Center next tier (upside down) on top of the first tier, leaving a 1-in. margin all around. Glue and staple in place. Repeat the process with all successive tiers.

From ½ × ¾-in. pine, cut and assemble a rectangle with a 9 × 12-in. opening, mitering corners. Center on top of smallest tier, making sure to have an overlap of the small tier on the inside to hold glass. Glue and nail in place. Finish as desired.

## TRAMP ART

*continued from page 58*

*For decorative pyramids,* cut squares (see *page 58*). Cut concentric pieces, each 3/16 in. smaller on each side. Notch edges; glue in place according to pattern and photograph. Repeat for side pyramids. Finish as desired.



**HEART AND PYRAMID FRAME. Layer a plywood base with simple shapes.**

**HEART AND PYRAMID FRAME, page 53**

**Materials:** 23 × 28-in. piece of ¾-in. plywood; four ¼ × 4 × 36-in. and four ¼ × 5 × 36-in. pieces of balsa wood; 15 ft. pine lattice; wood glue; wire brads; utility knife; paper.

**Instructions:** Draw a 13 × 18-in. rectangle in center of plywood; cut out.

Cut lattice strips for outside edges of the frame, butting the edges at the corners. Using a utility knife, randomly notch both sides of the top edges to create a zigzag effect.

Cut two 14½-in. and two 19¾-in. lattice strips for inside edges of frame, mitering corners. Notch both edges.

Position strips over frame opening, allowing for overlap to hold glass.

Cut four 1-in. squares from balsa for the corner motifs. Drill a ½-in. hole in the center of each square, then glue in place.

To create decorative pyramids, cut four 4-in. squares from balsa. Cut concentric squares for each, making each square ¼ in. smaller on each side. Notch all edges;






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FOOD

# BOOSTING FIBER FOR BETTER HEALTH

## BRAN-NEW RECIPES TO TRY

**Research now suggests that a high-fiber, low-fat diet may prevent colon cancer. Bran is one great way to add fiber to your diet. In addition to having bran cereal for breakfast, try it in these tasty recipes.**

### HOW BRAN FIBER STACKS UP

**Here's how bran compares with other high-fiber foods.**

| | |
|---|---|
| Apple, medium unpared | 3 g |
| Bran flakes (⅔ cup, 1 oz.) | 4 g |
| Bread, whole wheat (1 slice) | 2 g |
| Broccoli, cooked (½ cup) | 3 g |
| Oatmeal, cooked (½ cup) | 2 g |
| Peas, cooked (½ cup) | 4 g |
| Potato, baked with skin | 3 g |
| Whole bran cereal (⅓ cup, 1 oz.) | 9 g |



SCOTT LITTLE

Pear-Bran Bread: Great for snacks.

### PEAR-BRAN BREAD

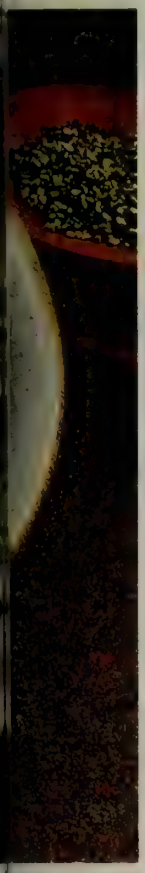
*Spread sugarless jam or cream cheese onto a slice for a breakfast treat—*

- ¾ cup all-purpose flour
- ¾ cup whole wheat flour
- ⅔ cup sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- ¼ teaspoon ground nutmeg
- 2 egg whites
- ¼ cup cooking oil
- ½ teaspoon finely shredded orange peel
- 2 tablespoons orange juice
- 1 medium pear *or* apple, cored and chopped (about ¾ cup)
- ¾ cup bran flakes
- Nonstick spray coating
- Jam *or* cream cheese (optional)

In a large mixing bowl stir together flours, sugar, cinnamon, baking soda, baking powder, and nutmeg. In a small mixing bowl combine egg whites, oil, orange peel, and orange juice; add to the flour mixture. Stir till moistened.

shes.

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When you prepare chicken, fish and lighter foods with Lea & Perrins White Wine Worcestershire Sauce, you can unlock the secret to truly extraordinary dishes.

Its exquisite blend of white wine and the choicest herbs and spices adds a delicate, yet distinctive flavor to lighter foods.

Lea & Perrins, makers of original Worcestershire for hearty foods, now brings you Lea & Perrins White Wine Worcestershire for lighter foods.




Golden Honey-Glazed Chicken

3½–4 lb. chicken, cut up
½ cup Lea & Perrins White Wine Worcestershire
3 Tb. honey

Preheat oven to 350°F. Rinse chicken well and pat dry. Place on a rack in a shallow baking pan. In a mixing bowl, combine Lea & Perrins White Wine Worcestershire and honey. Coat chicken with mixture and bake 35-40 minutes, basting occasionally, until chicken is golden. Serves 4

Note: Also delicious for Cornish hens and turkey.

**For a free recipe book, write to Lea & Perrins, P.O. Box 1579, Ridgely, MD 21681**

(Batter will be very thick.) Stir in pear or apple and the bran flakes just till mixed.

Spray an 8x4x2-inch loaf pan with nonstick spray coating. Turn batter into the prepared pan. Bake in a 350° oven for 50 to 55 minutes or till a toothpick inserted in center comes out clean. Let stand in pan for 10 minutes. Remove from pan. Cool on a wire rack. Wrap and store overnight before serving. Slice and serve with jam or cream cheese. Makes 1 loaf, 16 servings.

***Nutrition information per serving:*** 110 cal., 2 g pro., 19 g carbo., 4 g fat, 0 mg chol., 56 mg sodium, 1 g dietary fiber, 53 mg potassium.

## CURRIED SNACK MIX

*Bran and bits of dried fruit give this snack a nutrition edge—*

**4 cups bite-size squares bran cereal**
**1½ cups bite-size twist pretzels**
**½ cup unsalted dry roasted peanuts**



**Curried Snack Mix for after school.**

**¼ cup cooking oil**
**1 teaspoon curry powder**
**⅛ teaspoon ground red pepper**
**1 cup snipped dried apple**
**½ cup raisins**

In a 13x9x2-inch baking pan combine cereal, pretzels, and peanuts. Stir together oil, curry powder, red pepper, and ¼ teaspoon *salt*. Drizzle *half* of the oil mixture over cereal mixture. Toss. Repeat with remaining oil mixture.

Bake mixture in a 300° oven for 30 minutes, stirring after 15 minutes. Stir in the apple and the raisins. Spread mixture on foil to cool. Store in an airtight container for up to 2 weeks. Makes 8 cups snack mix.

***Nutrition information per ½ cup:*** 163 cal., 4 g pro., 24 g carbo., 7 g fat, 0 mg chol., 282 mg sodium, 3 g dietary fiber. U.S. RDA: 12% thiamine, 15% niacin, 13% iron, 12% phosphorus.

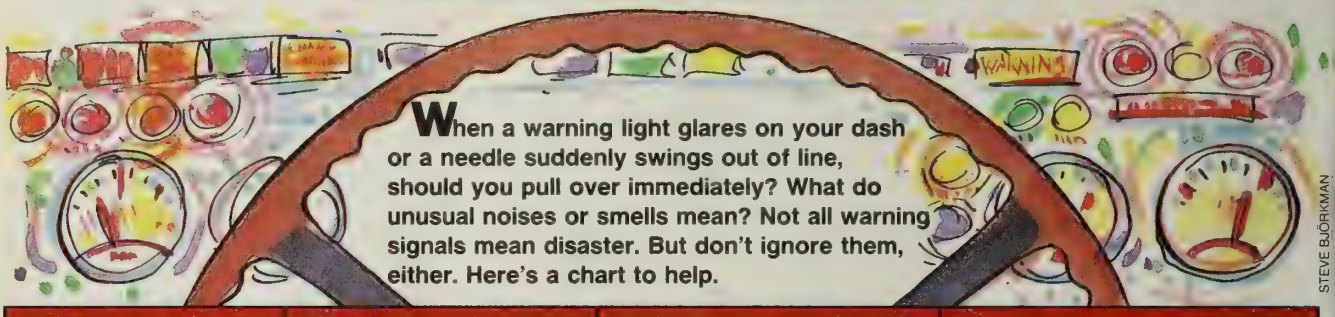
### SPRINKLE ON THE FIBER

Every tablespoon of whole bran cereal contains 2 grams of fiber. For a quick and easy fiber boost, sprinkle whole bran cereal over:

- Meat, fish, or vegetarian casseroles
- Baked potato or baked sweet potato
- Steamed vegetables or vegetable casseroles
- Tossed green salads
- Fruit and yogurt
- Fruit salads

# TROUBLE ON THE ROAD

## THE WARNING SIGNS AND WHAT TO DO




STEVE BJÖRKMAN

**When a warning light glares on your dash or a needle suddenly swings out of line, should you pull over immediately? What do unusual noises or smells mean? Not all warning signals mean disaster. But don't ignore them, either. Here's a chart to help.**

| WARNING SIGN | INDICATES | DANGER | WHAT TO DO |
|---|---|---|---|
| **Oil pressure light or gauge** | ● Pressure may be too low | ● Serious engine damage | ● Pull over immediately and seek professional help |
| **Water temperature light or gauge** | ● In hot weather, or climbing a hill, problem may be minor<br>● Could be a major problem, such as broken hose or no water in radiator | ● None<br>● Major engine damage | ● Turn off air conditioning, turn on heater, open windows<br>● If temperature doesn't drop after a minute or two, pull off the road. Let engine cool for 30 minutes before checking water and hoses. Do *not* remove radiator cap while the engine and radiator are still hot. If there's no problem, continue—but get professional help if car heats up again. *Don't* open hood if you see or hear steam or coolant escaping. |
| **Battery light** | ● If light flashes while driving, there's a problem with electrical system | ● Dead battery | ● You can continue driving, but get car checked at first convenient stop, especially if it's cold or at night |
| **Sudden loud noise** | ● Could be anything | ● Serious engine trouble, hazardous driving conditions | ● Pull over immediately and get professional help |
| **Pinging under acceleration** | ● Usually bad gas, or car needs tuning | ● Could be major problem if sound persists | ● Use higher octane; tune engine. Have car checked if pinging persists |
| **Subdued knocking** | ● May be wear in engine | ● Eventually, serious damage | ● Have car checked professionally |
| **Squeaking brakes** | ● May be worn pads | ● Brakes will fail eventually | ● Have brakes checked |
| **Squeaky steering** | ● Fluid needs refilling<br>● Loose power steering belt | ● Damage to system<br>● Loss of control over steering | ● Check fluid level<br>● Check belt |
| **Odors** | ● Paint, oil, excess fluids being burned by hot engine on new or just serviced car<br>● Gasoline odor while driving could mean a dangerous leak<br>● Burning oil may mean leak | ● None, unless smells become especially obnoxious<br>● Unlikely, but could be a fire<br>● Possible damage to engine | ● Have a pro check it out if smells are severe and persist<br>● Pull over, get out of car; don't move car until it's checked by a pro<br>● Stop soon, have car checked |
| **Car feels unstable** | ● Low tire pressure | ● Wears out tires; less control | ● Check and correct pressure |
| **Steering shudders during braking** | ● Brakes or front-end alignment out of whack | ● No immediate danger unless it affects control of car | ● Check brakes and alignment before long |

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# QUESTIONNAIRE

# WHAT'S HAPPENING TO AMERICAN FAMILIES?

**Are we reaching a new understanding of what family life is all about? Or are American families in deep trouble? We at *Better Homes and Gardens* invite you to tell us what you think is happening.**



PERRY STRUSE

**As the '80s begin to give way to the '90s, American families face awesome new challenges. We'd like to hear how your family is coping, how you're doing.**

## Of vital importance

We first published this survey 20 years ago and have revised and repeated it three times at five-year intervals since then. On each occasion, we have heard from more than 200,000 *BH&G* readers. (You might recall answering once or twice yourself.) Each time, we reported your opinions at length in this magazine. But the impact goes much further. We also widely distributed the findings to government leaders, churches, universities, and social organizations. Many newspapers and radio and television stations reported on the surveys, and the survey information has subsequently appeared in numerous studies and books dealing with family life.

In the past 20 years, a lot has changed: In most families today, both spouses (*if* there are two) either must or choose to work. Child care has become big business, an industry, as has care for the aged. Despite staggering expense, attending college is becoming the norm rather than the exception. The cycle of marriage, divorce, and remarriage has created millions of step-families with incredibly complex patterns of relationships. Keeping on course gets trickier and trickier as society's eccentricities invade our homes and influence our families.

So, we hope that once again you will help us, that you will tell us what's happening with you and your family. This fall we will publish the results and excerpts from typical letters.

When you fill out the questionnaire (Part 2 will appear in our April issue) please choose the answers that come closest to your opinions, checking as many as apply. If you have additional comments, please enclose them on a separate sheet of paper. Mail to: *Better Homes and Gardens Family Questionnaire, P.O. Box 10871, Des Moines, IA 50336.*

## TELL US WHAT YOU THINK

### FAMILY LIFE

**1. Is your family:**

| | *Yes* | *No* |
|---|---|---|
| Loving | 11-1 ☐ | 11-2 ☐ |
| Supportive | 12-1 ☐ | 12-2 ☐ |
| Close-knit | 13-1 ☐ | 13-2 ☐ |

14-0 ☐ Does not apply

**2. What is the greatest threat to family life today? *(Check as many as apply.)***

15-0 ☐ Inattentive parents
16-0 ☐ Crime
17-0 ☐ Divorce
18-0 ☐ Television
19-0 ☐ Both parents working
20-0 ☐ Absence of religious/spiritual foundation
21-0 ☐ Domestic violence
22-0 ☐ Economic hardship
23-0 ☐ Unemployment
24-0 ☐ Abuse of alcohol and drugs
25-0 ☐ Materialism
26-0 ☐ War
27-0 ☐ Moral decay
28-0 ☐ Job stress
29-0 ☐ Homelessness

**3. Where do you generally spend your free time, and where are you happiest?**

| | *At home* | *Away from home* |
|---|---|---|
| Spend free time | 30-1 ☐ | 30-2 ☐ |
| Happiest | 31-1 ☐ | 31-2 ☐ |

**4. Are you and your spouse spending more time at home than you did five years ago? Your children?**

| *You* | | *Spouse* | | Children | |
|---|---|---|---|---|---|
| Yes | No | Yes | No | Yes | No |
| 32-1 ☐ | 32-2 ☐ | 33-1 ☐ | 33-2 ☐ | 34-1 ☐ | 34-2 ☐ |

**5. How do you usually feel about your home?**

35-0 ☐ A place to relax and enjoy family members
36-0 ☐ A place of tension and conflict among family members
37-0 ☐ A place for which I have great emotional attachment
38-0 ☐ A place of residence for which I have little or no emotional attachment

# QUESTIONNAIRE


VIRGINIA MICKUNAS

**6. In your family, which is the more important relationship?**
39-0 ☐ Husband/wife 41-0 ☐ No spouse
40-0 ☐ Parent/children 42-0 ☐ No child

**7. In confronting personal problems, to whom do you first turn for help?**
43-0 ☐ Spouse 46-0 ☐ Therapist
44-0 ☐ Family members/relatives 47-0 ☐ Clergy
48-0 ☐ Friends
45-0 ☐ Members of your church/temple/synagogue 49-0 ☐ Co-workers
50-0 ☐ Other _____

**8. Regarding your happiness, which factor is *most* important?**
51-0 ☐ Financial security 57-0 ☐ Community you live in
52-0 ☐ Career goals 58-0 ☐ Personal interest or hobby
53-0 ☐ Children 59-0 ☐ Your home
54-0 ☐ Your health 60-0 ☐ Your parents and extended family
55-0 ☐ Relationship with spouse
56-0 ☐ Pets 61-0 ☐ Spiritual or religious belief
62-0 ☐ Other _____

**9. Do you feel that family life in America is in trouble?**
63-1 ☐ Yes 63-2 ☐ No

## MARRIAGE AND DIVORCE

**10. Are most of your expectations of happiness in marriage being fulfilled?**
64-1 ☐ Yes 64-2 ☐ No 64-3 ☐ Not married

**11. Do you think a husband and wife must have children—biological or adopted—in order to have a fulfilling and happy life?**
65-1 ☐ Yes 65-2 ☐ No 65-3 ☐ No opinion

**12. In your opinion, what is the main reason marriages fail?**
66-0 ☐ Immaturity of one or both spouses
67-0 ☐ Job/career pressures
68-0 ☐ Burden of children
69-0 ☐ Lack of commitment
70-0 ☐ Selfishness
71-0 ☐ Conflicts with in-laws and other relatives
72-0 ☐ Change in or lack of mutual interests and goals
73-0 ☐ Poor sexual relationship
74-0 ☐ Domestic violence
75-0 ☐ Financial problems
76-0 ☐ Adultery
77-0 ☐ Personality conflicts
78-0 ☐ Other _____

**13. Have you ever sought marriage counseling:**
11-0 ☐ Yes, prior to marriage
12-0 ☐ Yes, to solve problems during marriage
13-0 ☐ No, have not sought counseling
14-0 ☐ No, would not seek counseling
15-0 ☐ Does not apply

**14. Have you and your present spouse ever seriously considered getting a divorce?**
16-1 ☐ Yes 16-2 ☐ No 16-3 ☐ Not married

**15. Do you think it's right or wrong for a couple who simply can't get along to get a divorce?**
When children are involved: 17-1 ☐ Right 17-2 ☐ Wrong
When no children are involved: 18-1 ☐ Right 18-2 ☐ Wrong

**16. How do you feel about your spouse traveling out of town with co-workers of the opposite sex?**
19-1 ☐ Comfortable 19-2 ☐ Uncomfortable 19-3 ☐ Doesn't apply

**17. Do you and your spouse divide equitably the responsibility of household chores and home maintenance?**
20-1 ☐ Yes
20-2 ☐ No, wife should do more than she does
20-3 ☐ No, husband should do more than he does
20-4 ☐ No spouse

## CHILDREN

**18. Do you and your spouse mostly agree on how to raise and discipline your children?**
21-1 ☐ Mostly agree 21-3 ☐ No spouse
21-2 ☐ Seldom agree 21-4 ☐ No child

**19. Please indicate whether you agree or disagree with each of the following statements:**

| | *Agree* | *Disagree* | *Not sure* |
|---|---|---|---|
| Good day care for the children of working parents is a pressing need in this country | 22-1 ☐ | 22-2 ☐ | 22-3 ☐ |
| Day care for children is being adequately provided at the present time | 23-1 ☐ | 23-2 ☐ | 23-3 ☐ |
| Today's parents are not willing to pay child-care workers enough to ensure that their children receive quality day care | 24-1 ☐ | 24-2 ☐ | 24-3 ☐ |

**20. If you use child care, what form(s) does it take?**
25-0 ☐ A relative 28-0 ☐ A day-care center
26-0 ☐ A care provider in your home 29-0 ☐ Do not use child care
27-0 ☐ Child care at another's home 30-0 ☐ Other

**21. How do you feel about your child-care arrangements?**
31-1 ☐ Very satisfied
31-2 ☐ Somewhat satisfied
31-3 ☐ Dissatisfied
31-4 ☐ Does not apply

**22. How do (did) you feel about leaving your children with a day-care provider?**
32-1 ☐ Comfortable
32-2 ☐ Guilty
32-3 ☐ Does not apply

**23. For children *under* 3 years of age, what effect, if any, do you think day care has on the following:**

| | *Positive* | *Negative* | *No effect* |
|---|---|---|---|
| Child's emotional development | 33-1 ☐ | 33-2 ☐ | 33-3 ☐ |
| Child's intellectual development | 34-1 ☐ | 34-2 ☐ | 34-3 ☐ |
| Child's social development | 35-1 ☐ | 35-2 ☐ | 35-3 ☐ |

**24. For children *3 years and older*, what effect, if any, do you think day care has on the following:**

| | *Positive* | *Negative* | *No effect* |
|---|---|---|---|
| Child's emotional development | 36-1 ☐ | 36-2 ☐ | 36-3 ☐ |
| Child's intellectual development | 37-1 ☐ | 37-2 ☐ | 37-3 ☐ |
| Child's social development | 38-1 ☐ | 38-2 ☐ | 38-3 ☐ |

**25. Are (were) the teenagers in your household free to spend their own money without your or your spouse's approval?**
39-0 ☐ Yes
40-0 ☐ Yes, but only up to a specific dollar amount
41-0 ☐ Yes, provided they save a certain amount
42-0 ☐ No, they must get approval for most purchases
43-0 ☐ No children

# QUESTIONNAIRE

**26. If you were physically unable to have children, check which option(s) you would choose:**

44-0 ☐ Adopting a child of my own race
45-0 ☐ Adopting a child of another race
46-0 ☐ Adopting a child from a foreign country
47-0 ☐ Becoming a foster parent
48-0 ☐ Using artificial insemination
49-0 ☐ Having a test-tube baby
50-0 ☐ Hiring a surrogate mother
51-0 ☐ None of the above


ANNE HONG

**33. Do you feel that patients with a terminal disease should have the right to refuse medical treatment that would prolong their lives?**

29-1 ☐ Yes
29-2 ☐ No
29-3 ☐ No opinion

**34. Which of the following factors do you think are the greatest *environmental* threats to your family members' health? (Check no more than three.)**

30-0 ☐ Chemicals in food and water
31-0 ☐ Outdoor air pollution
32-0 ☐ Indoor air pollution
33-0 ☐ Chemical waste dumps
34-0 ☐ Radon pollution
35-0 ☐ Changing ozone layer in earth's atmosphere
36-0 ☐ Nuclear power plants
37-0 ☐ Acid rain
38-0 ☐ Other _____

**27. Generally, how well do you think you know:**

| | *Well* | *Somewhat* | *Not at all* |
|---|---|---|---|
| Your children's friends | 52-1 ☐ | 52-2 ☐ | 52-3 ☐ |
| Their friends' parents | 53-1 ☐ | 53-2 ☐ | 53-3 ☐ |

54-0 ☐ No children

**28. From whom do you think most children get their information about sex and birth control?**

55-0 ☐ Parents
56-0 ☐ Teachers
57-0 ☐ Friends
58-0 ☐ Siblings
59-0 ☐ Books, magazines
60-0 ☐ TV/movies
61-0 ☐ Other _____

**29. Do you (did you) see to it that your young children frequently have contact with their grandparents?**

62-0 ☐ Yes
63-0 ☐ No
64-0 ☐ No children
65-0 ☐ No living grandparents

## HEALTH

**30. How do you usually deal with stress?**

66-0 ☐ Exercise
67-0 ☐ Meditate/pray/relax
68-0 ☐ Pursue hobby
69-0 ☐ Discuss with someone
70-0 ☐ Use prescription drugs
71-0 ☐ Eat
72-0 ☐ Use alcohol
73-0 ☐ Use illicit drugs
74-0 ☐ Other _____

**31. Of the following, which cause the most stress in your life? Which make you happiest?**

| | *Most stress* | *Make happiest* |
|---|---|---|
| Your work | 75-1 ☐ | 75-2 ☐ |
| Your spouse's work | 76-1 ☐ | 76-2 ☐ |
| Relationship with your boss or employer | 77-1 ☐ | 77-2 ☐ |
| Relationship with spouse | 78-1 ☐ | 78-2 ☐ |
| Relationship with children | 79-1 ☐ | 79-2 ☐ |
| Relationship with other family members | 80-1 ☐ | 80-2 ☐ |
| Financial responsibilities | 81-1 ☐ | 81-2 ☐ |
| Health | 82-1 ☐ | 82-2 ☐ |
| Homemaking/home maintenance | 83-1 ☐ | 83-2 ☐ |

10-0 ☐ Other _____

**32. Thinking about you, your spouse, and your children, do you generally:**

| | *You* | | *Spouse* | | *Children* | |
|---|---|---|---|---|---|---|
| | Yes | No | Yes | No | Yes | No |
| Exercise regularly | 11-1 ☐ | 11-2 ☐ | 17-1 ☐ | 17-2 ☐ | 23-1 ☐ | 23-2 ☐ |
| Eat wisely | 12-1 ☐ | 12-2 ☐ | 18-1 ☐ | 18-2 ☐ | 24-1 ☐ | 24-2 ☐ |
| Maintain ideal weight | 13-1 ☐ | 13-2 ☐ | 19-1 ☐ | 19-2 ☐ | 25-1 ☐ | 25-2 ☐ |
| Drink alcohol moderately or not at all | 14-1 ☐ | 14-2 ☐ | 20-1 ☐ | 20-2 ☐ | 26-1 ☐ | 26-2 ☐ |
| Abstain from tobacco | 15-1 ☐ | 15-2 ☐ | 21-1 ☐ | 21-2 ☐ | 27-1 ☐ | 27-2 ☐ |
| Abstain from drugs | 16-1 ☐ | 16-2 ☐ | 22-1 ☐ | 22-2 ☐ | 28-1 ☐ | 28-2 ☐ |

**35. Please indicate whether you agree or disagree with the following statements:**

| | *Agree* | *Disagree* | *Not sure* |
|---|---|---|---|
| AIDS will eventually change the entire fabric of society | 39-1 ☐ | 39-2 ☐ | 39-3 ☐ |
| I have changed my lifestyle out of fear of AIDS | 40-1 ☐ | 40-2 ☐ | 40-3 ☐ |
| For the average person the risk of AIDS has been exaggerated | 41-1 ☐ | 41-2 ☐ | 41-3 ☐ |
| I would not allow my child(ren) to attend a school that admitted a student with AIDS | 42-1 ☐ | 42-2 ☐ | 42-3 ☐ |
| People who apply for marriage licenses should be tested for AIDS | 43-1 ☐ | 43-2 ☐ | 43-3 ☐ |
| I feel confident that I know how to protect myself from AIDS | 44-1 ☐ | 44-2 ☐ | 44-3 ☐ |
| I feel confident that my children know how to protect themselves from AIDS | 45-1 ☐ | 45-2 ☐ | 45-3 ☐ |
| I know someone who has (or had) AIDS | 46-1 ☐ | 46-2 ☐ | 46-3 ☐ |

## WORK

**36. To spend more time with your children, would you or your spouse make changes in your work commitments that would reduce income or slow your career development?**

| *You* | | *Spouse* | |
|---|---|---|---|
| Yes | No | Yes | No |
| 47-1 ☐ | 47-2 ☐ | 48-1 ☐ | 48-2 ☐ |

**37. Would you (have you) quit your job or taken an extended leave of absence because you:**

| | *Yes* | *No* |
|---|---|---|
| Wish/need to care for your child yourself | 49-1 ☐ | 49-2 ☐ |
| Wish/need to care for an infirm parent | 50-1 ☐ | 50-2 ☐ |
| Work putting strain on marriage | 51-1 ☐ | 51-2 ☐ |
| Can't find adequate child care | 52-1 ☐ | 52-2 ☐ |
| Can't find adequate care for aged | 53-1 ☐ | 53-2 ☐ |
| Would not stop working | 54-1 ☐ | 54-2 ☐ |

# QUESTIONNAIRE

**38. Does your family ever feel threatened that you or your spouse might lose your job(s)?**
55-1 ☐ Yes 55-2 ☐ No
55-3 ☐ Does not apply

**39. Are you concerned that when your children are adults they will not be (are not) able to get decent jobs?**
56-1 ☐ Yes 56-2 ☐ No
56-3 ☐ No child


SUSAN SCHELLING

**40. If your spouse wanted to stop working to go back to school/college, would you be willing to support the family?**
57-1 ☐ Yes 57-4 ☐ Does not apply
57-2 ☐ No, would not
57-3 ☐ No, could not

## AGING

**41. What do you most look forward to about growing older? (Check no more than three.)**
58-0 ☐ More recreational time
59-0 ☐ Financial security
60-0 ☐ Perspective, wisdom, and understanding
61-0 ☐ Spending more time with your grandchildren
62-0 ☐ Spending more time with your spouse
63-0 ☐ Retirement
64-0 ☐ Less stressful lifestyle
65-0 ☐ Freedom to travel
66-0 ☐ Do not look forward to growing older

**42. What are your primary fears about growing old? (Check no more than three.)**
67-0 ☐ Boredom
68-0 ☐ Loneliness
69-0 ☐ Becoming a burden to spouse or children
70-0 ☐ Poor health/unable to care for self
71-0 ☐ Not enough money
72-0 ☐ Divorce/conflicts with spouse
73-0 ☐ Unable to keep present home
74-0 ☐ Becoming an easy target for criminals
75-0 ☐ Senility
76-0 ☐ Alzheimer's disease
77-0 ☐ No fears about growing old

**43. At what age do you anticipate retiring (did you retire)?**
11-0 ☐ 55 or under 14-0 ☐ 66-69
12-0 ☐ 56-61 15-0 ☐ 70 or older
13-0 ☐ 62-65 16-0 ☐ Do not plan to retire

**44. Upon retirement do you plan to (did you):**
17-0 ☐ Stay in your own home
18-0 ☐ Move into a smaller home or apartment in the same community
19-0 ☐ Move to a home or apartment in another community
20-0 ☐ Move in with any of your children
21-0 ☐ Continue living in your home but spend part of the year elsewhere
22-0 ☐ Move to a retirement community
23-0 ☐ Other _____

**45. What source of income do you expect to rely on most during retirement?**
24-0 ☐ Pension 30-0 ☐ Different job
25-0 ☐ Social security 31-0 ☐ Spouse's income
26-0 ☐ Assistance from children 32-0 ☐ Other _____
27-0 ☐ Savings/investments/life insurance
28-0 ☐ Sale of house or other property
29-0 ☐ Don't know

**46. If your elderly parent(s) became incapable of living alone, which alternative would you choose as the best solution for all concerned?**
33-0 ☐ A retirement home
34-0 ☐ A nursing home
35-0 ☐ You move to parent's home
36-0 ☐ Parent(s) moves to your home
37-0 ☐ A live-in helper in parent's home
38-0 ☐ Parent(s) moves to other relative's home (Whose?) _____

**47. Do you worry about your parents caring for themselves?**

| | *Now* | *Future* |
|---|---|---|
| Yes, physically | 39-0 ☐ | 42-0 ☐ |
| Yes, financially | 40-0 ☐ | 43-0 ☐ |
| No | 41-0 ☐ | 44-0 ☐ |

**48. Who filled out this questionnaire?**
45-1 ☐ Man 45-2 ☐ Woman 45-3 ☐ Both woman and man

**49. What is your age?**
46-1 ☐ Under 25 46-4 ☐ 45-54
46-2 ☐ 25-34 46-5 ☐ 55-64
46-3 ☐ 35-44 46-6 ☐ 65 and over

**50. What is the highest level of education you've completed?**
47-1 ☐ Grade school 47-5 ☐ Graduated technical school
47-2 ☐ Some high school 47-6 ☐ Some college
47-3 ☐ Graduated high school 47-7 ☐ Graduated college
47-4 ☐ Some technical school 47-8 ☐ Postgraduate work

**51. What is your current marital status?**
48-1 ☐ Married 48-4 ☐ Living with someone
48-2 ☐ Remarried 48-5 ☐ Divorced or separated
48-3 ☐ Single/never married 48-6 ☐ Widowed

**52. Please list the ages of each child (yours and/or your spouse's) living *in* your home:** _____ 49-56
**List ages of each child living *outside* your home:** _____ 57-64

**53. What is your current employment status? Your spouse's?**

| | *You* | *Spouse* |
|---|---|---|
| Full-time homemaker | 65-1 ☐ | 66-1 ☐ |
| Employed full-time | 65-2 ☐ | 66-2 ☐ |
| Employed part-time | 65-3 ☐ | 66-3 ☐ |
| Unemployed | 65-4 ☐ | 66-4 ☐ |
| Retired | 65-5 ☐ | 66-5 ☐ |

**54. Which of these categories best describes where you live?**
67-1 ☐ Large/medium-size city 67-3 ☐ Small city/town
67-2 ☐ Suburb 67-4 ☐ Rural area

**55. Do you:**
68-1 ☐ Own your home 68-2 ☐ Rent your home 68-3 ☐ Other

**56. Is your household income (before taxes):**
69-1 ☐ Less than $20,000 69-4 ☐ $50,000–74,999
69-2 ☐ $20,000–34,999 69-5 ☐ $75,000 and over
69-3 ☐ $35,000–49,999

Name _____
Address _____
City _____ State _____ 70-71 ZIP _____

**REMEMBER: Your reply will be kept in complete confidence. If you have comments or any questions, please send them along on a separate sheet of paper. Mail to: *Better Homes and Gardens Family Questionnaire, P.O. Box 10871, Des Moines, IA 50336.***



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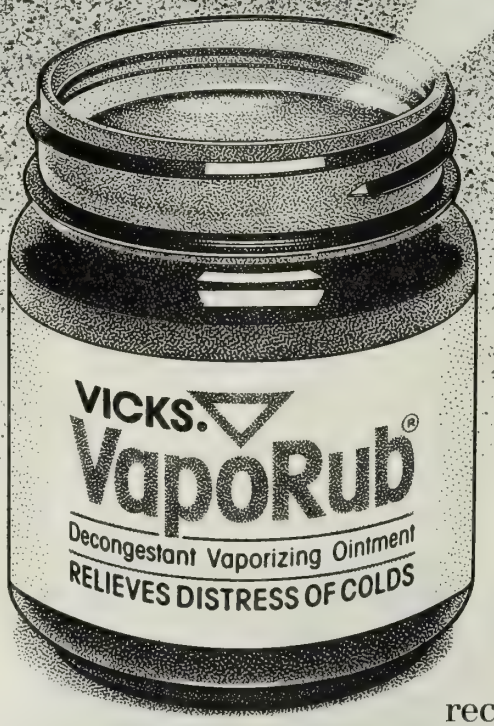
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# THE PERFECT TIME FOR ANOTHER BABY

By John Rosemond



STEVE BJORKMAN

**Will your older child be ready for the arrival of a new baby in the house? Proper spacing can help, and so can our problem-solving techniques.**

**Parents often ask me, "How long should we wait before having another child?" Family happiness depends more on love than on pinpoint spacing of children. But optimum spacing can head off many problems.**

## A question of space

Research shows that 3½ years is the ideal interval between siblings. By that age, most children have achieved some autonomy and are not threatened by the arrival of a sibling. However, you're just as apt to have difficulty with a spacing of 5 years as you are with a spacing of 1½ years.

If your children are spaced too close together, your first child may not be ready to do with less attention from you when the second comes along. To keep the baby from taking the cherished place in the spotlight, the older child may begin acting babyish or become aggressive toward the new baby.

On the other hand, if you have too much space between children, the older child may have settled *too* comfortably into the "only child" role. By that time the role seems like a territorial right. The older child may act jealous by teasing, ignoring, or refusing to share toys.

Spacing is often at the root of these common parental complaints:

**Q:** ***We have a 3-year-old son and an 8-month-old daughter. Suddenly, our son wants to drink from a bottle, wear diapers during the day, and be rocked to sleep. Despite his tantrums, we haven't given in to him. Now he's started wetting his pants during the day, something he hasn't done in nearly six months. What should we do?***

**A:** Reassure your son that his place in the family is still secure and protected. Also convince him, firmly but gently, that the time for bottles, rocking, and diapers has passed. The next time he wets his pants, have him help you clean up. Teach him to rinse out his wet clothing and hang it over the tub to dry. Don't be punitive or worry about how good a job he does. You are only making him responsible and showing him you won't give in on the diaper issue.

**Q:** ***Our 2½-year-old has recently started hitting, pushing, and squeezing her 10-month-old brother. What's causing this and how should we handle it?***

**A:** Your daughter's aggression comes from jealousy, territorial instincts, and clumsy attempts to play with the baby.

Your first order of business is to protect your son. Your second is to teach your daughter to be gentle with her brother. Begin by putting him completely off-limits to her. For at least a week, don't even let her come near him. But do allow her to get things for you while you're involved with the baby.

After a week or so, allow her brief moments of closely supervised contact with her brother—such as getting toys for him and helping you change him. Praise her for being gentle. In time, let her get involved more often.

If your daughter hurts the baby, sit her in a "time-out" chair for a few minutes. If she says she's sorry, simply say, "I know you are, but you must learn to be gentle with your baby brother."

This technique will almost certainly be a two-steps-forward, one-step-back process for at least several weeks. Eventually, however, your patience and consistency will pay off in gentle interactions.

**Q:** ***We have a 4-year-old girl. Since we can't have more children of our own, we have applied to adopt. Because the wait isn't as long, the agency is encouraging us to adopt an older child. We're hesitant, not knowing how our daughter would react. What's your advice?***

**A:** You would be wise to preserve your daughter's status as firstborn. Chances are, adopting an older child would seriously disrupt her identity, security, and self-esteem. The likely result: behavior problems and intense sibling rivalry.

To be sure, older adoptable children need homes, but no child needs to immediately become the focal point of controversy and conflict. Things will work out much better in the long run if you wait for a younger child.



*John Rosemond is a family psychologist, a nationally syndicated columnist, and a regular contributor to* BH&G.

# GARDENER'S LOG

By Douglas A. Jimerson and Jane Austin McKeon

## GROW YOUR OWN BRIGHT BEGONIAS

*Start tubers this month*



PHOTO MARIS/SEMEL FIELD EDITOR BONNIE MAHARAM

**Enjoy flowers in the shade.**

Elegant tuberous begonias belong on your must-have list if you want spectacular color for shady spots. Tuberous begonias come in both upright and trailing varieties. Choose upright varieties for pots and borders, and use trailers in hanging baskets. Red, pink, yellow, white, and orange are popular colors.

Start begonias early in the month. Place the tubers, round side down, in a shallow pan filled with moist peat moss; the moss should barely cover the tubers. After leaves begin to appear, transplant the begonias to pots or planters. Move your plants outdoors after frost danger has passed.

## TEST GARDEN UPDATE



PHOTO KARLIS GRANTS FIELD EDITOR CATHY HOWARD

**Test gardener Peter Chan harvests bumper crops of peas.**

## GIVE PEAS A HEAD START

*Tip from the Northwest*

For picture-perfect peas, Peter Chan, our Oregon test gardener, sows his seeds early indoors. "Peas love cool weather," says Peter, "but if the soil is too cold, the seeds won't germinate. I start my seeds indoors, and after they germinate, I transplant them directly to the garden. Pea seedlings are tough enough to withstand cold, frost, and even snow."

Because Oregon's climate is relatively mild, Peter is able to move his pea seedlings into the garden in February. By May, the first crop is ready to harvest.

## SWEET ALYSSUM FOR SUMMER COLOR

*Flowering fragrance*



PHOTO MARIS/SEMEL FIELD EDITOR BONNIE MAHARAM

**Use alyssum to edge borders.**

When you're planning your summer border, don't overlook the pint-size flowers of sweet alyssum. Planted in mass, these 4-inch-tall charmers will fill your garden with color and fragrance. Sweet alyssum is available in white (*above*), lavender, violet, and rose. For best results, start seeds indoors this month.

### READER TIP

To ensure uniform germination of lettuce, sprinkle the seeds onto a moist paper towel, roll up towel, and place in glass jar in the refrigerator. In 10 days, unroll the towel and plant the seeds outdoors.

*Jeanne Lee, Lamar, Mo.*

## READER MAILBOX

Do you have any gardening tips and techniques that you'd like to share with our editors and *Better Homes and Gardens* readers? Mail your garden-tested tips and photographs (color slides preferred) to Gardener's Log, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. We will pay $25 for each idea published. No materials will be acknowledged, and we reserve the right to edit copy. If your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as the corporation wishes. We do not accept previously published ideas.






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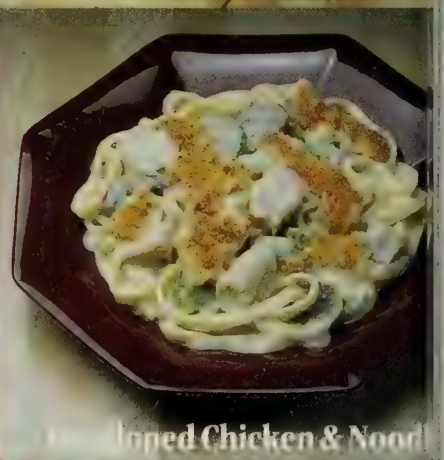













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# NEW SENIOR COMMUNITIES

## IN ONE PACKAGE . . . HOUSING AND HEALTH CARE AND SOMETIMES MORE

By André F. Shashaty

**As the choices among special-service communities for the elderly grow, so do the potential problems. Here's advice for anyone in your family who is considering this lifestyle option.**



FOUR BY FIVE, INC.

Seniors today have many community-living options.

### An exploding market

Profit-minded firms are joining nonprofit institutions in a rush to build special housing to meet the needs of an aging population. The goal is also to provide health and other services that allow residents to live more independent and happier lives at less cost than nursing homes.

While most facilities deliver on that promise, some have undergone severe financial losses and been forced to cut back on services or even go into bankruptcy. The effect on residents can be devastating emotionally and financially. For example:

- In Lewisville, Texas, a community-care property for the elderly went bankrupt and the residents lost thousands of dollars in entrance fees.
- Thirty-five tenants in a retirement community in Dolton, Illinois, were about to lose their heat last winter before the town government intervened.
- A 250-unit rental community for the elderly in Florida cut food and other services to the bone, forcing residents into a life of continued discomfort and uncertainty.

Clearly, anyone considering this housing option must carefully evaluate not only personal needs and specific facilities and services, but also the operation's financial soundness.

---

*—André F. Shashaty is editor of* Senior Living News, *a quarterly supplement to* Multi-Housing News.

### WHAT THE NAMES MEAN

Service-oriented developments go by various names. Generally:

- **Independent living facilities** offer complete apartments for sale or rent with meal, housekeeping, transportation, and emergency medical services. Fees for some or all services are included in the rent, which is often more than $900 a month.
- **Assisted living, personal-care, or board-and-care operations** provide rooms for rent, with shared living areas, meal service, help with dressing, bathing, and so forth. A nurse may be on call. Costs, including meals: from $750 (semiprivate rooms) up to $2,300 a month.
- **Continuing-care retirement communities (CCRCs)** provide a range of care, from independent living to nursing care. One type of CCRC, also called lifecare, guarantees some amount of nursing care for a lump-sum entry fee of $15,000 to $300,000 and monthly fees of $300 to more than $1,000. Entry fees may be refundable, but residents don't own.
- **Traditional lifecare facilities** guarantee housing and unlimited nursing care for the resident's lifetime. Residents may have to put up all their assets as an entrance fee.

### Planning ahead

Until recently, the main choices for senior-living communities were rental projects that offered nursing on a pay-as-you-go basis, or no nursing at all; and continuing care retirement communities (CCRCs) in which seniors didn't own their apartments, but were assured some amount of nursing for a lump-sum entry fee and monthly charges.

Today, group insurance policies make it possible for some rental communities to cover future nursing needs. Ownership communities with services also are gaining popularity.

The best developments already have long waiting lists, so it's important to look into the options before a crisis forces a hasty decision. To start, think over what you need in a living arrangement. Do you want to cook most of the time, or have most meals prepared, for example? Are you looking primarily for housekeeping, or are you seeking companionship in a community atmosphere? Do you need health facilities now? What about future health needs?

### Visit several communities

Talk to residents and study the schedule of activities. Walk all the grounds. Scout the neighborhood for proximity of stores and hospitals. **Tips:**

- Watch for signs of maintenance problems that could indicate budget stress.
- Don't be fooled by how nice the amenities are, or how clean the buildings. Study the staff, from the highest administrator to the doorman. When finances get squeezed, management and services most often fail.
- Lean toward a sponsor who has seniors housing experience, but don't dismiss builders with good reputations in

*continued on page 80*

# Sponsor a Child for Only $12 a Month.

At last! Here is a $12 sponsorship program for Americans who are unable to send $16, $21, or $22 a month to help a needy child.

And yet, this is a full sponsorship program because for $12 a month you will receive:

- a 3½″ x 5″ photograph of the child.
- a special sponsorship folder with the case history.
- a description of the country where your child lives.
- quarterly issues of our newsletter "Sponsorship News".

And at least two personal letters a year from your child.

**All this for only $12 a month?**

Yes—because we have searched for ways to reduce the cost—without reducing the help that goes to the child you sponsor.

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Also, to keep down costs, we do not offer the so-called "trial child" that the other organizations mail to prospective sponsors before the sponsors send any money.



*Little Marta lives in the Holy Land—and she is only one example of children from countries around the world who urgently need a sponsor.*

**You can make the difference!**

$12 a month may not seem like much to you—but to a poor family living on an income of $2.00 a day, your sponsorship really helps!

Will you sponsor a child? Your $12 a month will help provide so much:

- emergency food, clothing and medical care.
- a chance to attend school.
- counseling for the child's family to help them become self-sufficient.

**Here is how you can sponsor a child:**

1. Fill out the coupon and tell us if you want to sponsor a boy or a girl, and check the country of your choice.
2. Or mark the "emergency list" box and we will assign a child to you that most urgently needs to have a sponsor.
3. Send your $12 in right now and this will eliminate the cost of a "trial child."

Then, in just a few days you will receive your child's name, photograph, and case history.

May we hear from you? Our sponsorship program protects the dignity of the child and provides Americans with a beautiful way to help a youngster.

## Sponsorship Application

K8MW

☐ Yes. I wish to sponsor a child. Enclosed is my first payment of $12.
Please assign me a ☐ Boy ☐ Girl
Country preference: ☐ India ☐ The Philippines ☐ Thailand ☐ Chile ☐ Honduras
☐ Dominican Republic ☐ Colombia ☐ Guatemala ☐ Holy Land Crippled Child

☐ **OR, choose a child that most needs my help from your EMERGENCY LIST.**

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

☐ Please send me more information about sponsoring a child.
☐ I can't sponsor a child now, but wish to make a contribution of $ _____
Please forward your tax-deductible check to:

## Children International

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*The world-wide sponsorship program of Holy Land Christian Mission, a non-profit agency serving children since 1936. Financial report readily available upon request.*


## SENIOR LIVING

*continued from page 79*

related work. Make sure the place has the licenses required in the state. Find out if management personnel are trained in gerontology or administration of retirement facilities.

### Study the finances

- Have a professional review financial statements from past years and projections under different scenarios.
- Is there a reserve fund for unbudgeted items?
- With a new project, are marketing projections being met?
- Does any institutional affiliation include financial obligation to the property you're considering?

### Contractual arrangements

You will have to sign a lease for rentals, and a residence agreement for CCRC or lifecare facilities. The agreements specify the unit you will occupy, services to be provided, and monthly costs. **Tips:**

- Rent or fee increases should be limited to a fixed amount or by an objective index of inflation, such as the CPI.
- CCRC or lifecare agreements should state how entry fees are used and what portion is refundable if the resident moves or dies. Are there limits on what nursing care can be received without additional fees?
- If the facility is not yet built, ask for a financial incentive before signing up. Put up only a nominal, fully refundable deposit before construction starts.
- Most operations retain the right to force you to leave a facility (or level of care) if your health fails or you become a safety threat. **Tip:** Look for clear standards that provide for consultation with the resident's family and doctor.
- In condo or co-op communities, residents enjoy full self-government. For other facilities, is there a residents' council with a voice in management?

### FOR MORE INFORMATION

Contact the Consumer Affairs Department, American Association of Retired Persons, 1909 K St., NW, Washington, DC 20049; or send a self-addressed, stamped envelope to the American Association of Homes for the Aging, 1129 20th St., NW, Suite 400, Washington, DC 20036.

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# FAMILY HEALTH

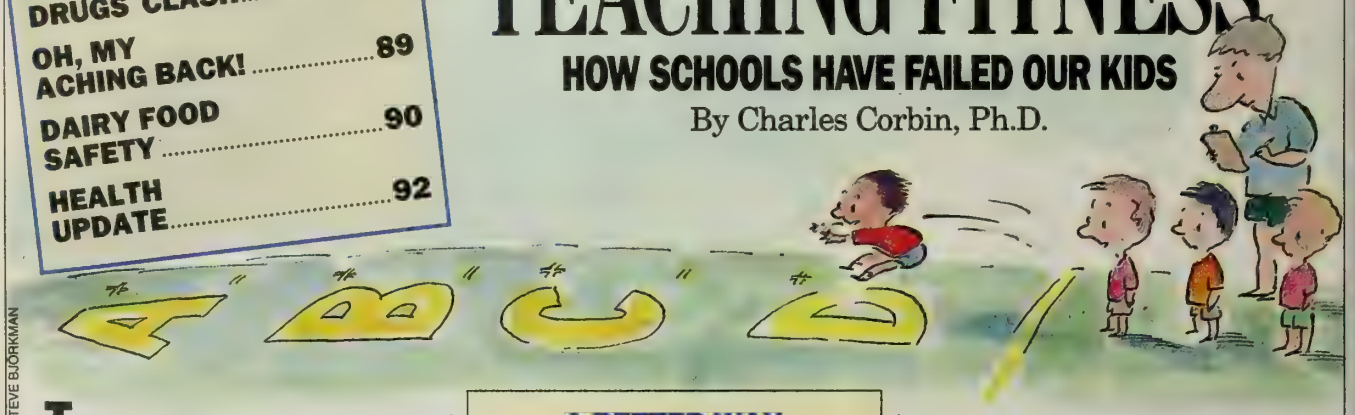
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# TEACHING FITNESS

## HOW SCHOOLS HAVE FAILED OUR KIDS

By Charles Corbin, Ph.D.



STEVE BJORKMAN

**Today's children are flabbier than those of a generation ago. A noted expert explains what's wrong and what you can do about it.**

### The problem

Fewer than half of all kids get enough exercise for minimal levels of fitness. That may explain why many children have risk factors associated with heart disease before they complete elementary school.

### Who is to blame?

While junk food and TV are part of the problem, the real culprit is our national fitness strategy. For 30 years we have responded to low youth fitness with programs that stress performance. For example:

- The Presidential Fitness Award given by the President's Council on Physical Fitness and Sports. Fewer than 1 percent of all children will ever be able to earn this award.
- Outmoded fitness tests. Too often, school fitness tests reward children for running fast or jumping high rather than for working toward a fit heart or toward fit muscles.
- Performance grading. Teachers often award grades for performance on fitness tests. Kids who mature early get better grades than kids who do regular exercise. Many children simply give up.
- Outdated programs. Would you join a fitness club that forced you to wear its uniform and told you exactly what activities to do and when to do them? Would you join a health club that gave you two minutes to shower before you had to be back to work? That's precisely what happens to kids in many physical education programs. These are the same kids who spend an hour getting their hair just right.

Even in elementary school, gym classes often resemble boot camp. No wonder kids learn to hate gym.

### Solutions

If children learn to enjoy exercise on a regular basis, good fitness will follow. Our national goal should be to help all children become fit.

Here's what you can do:

- Talk to your child's gym teacher. Ask whether the program focuses on heart fitness, muscle fitness, and acceptable levels of body fat. Are activities ones that can be enjoyed throughout life?
- Ask about fitness testing. Encourage fitness-based testing. The Fitnessgram System (see box) is a good example.
- Talk to community recreation leaders. Do they offer activities—like jogging—that have coaxed adults onto the fitness bandwagon?

### Helping your child

Regular free time participation in physical activity is critical. Help your child find enjoyable activities.

Remember to stay active yourself, too. The best encouragement you can give your child is to enjoy a healthful, active lifestyle. BH&G

### A BETTER WAY

The Fitnessgram System is a new national physical fitness program developed by a consortium of teachers and scientists under the direction of the staff of the Institute for Aerobics Research and the Campbell's Institute for Health and Fitness. The Fitnessgram program is available to all schools and includes the following components:

- **A fitness test** that measures health-related fitness rather than athletic prowess.
- **Health standards of fitness** that allow all children to succeed.
- **A customized fitness report to parents** that includes specific suggestions for helping their children improve weak areas.
- **An award system** that rewards children who participate in regular physical activity.

For more information on bringing this program to your school, write: Fitnessgram, Dept. BHG, Institute for Aerobics Research, 12330 Preston Rd., Dallas, TX 75230.

---

*—Dr. Corbin, professor of physical education at Arizona State University in Phoenix, has spent 30 years as a coach, teacher, researcher, and fitness consultant. He is coauthor of* Fitness for Life *(Scott Foresman and Co.)*




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# Is it true a woman can become pregnant only one time a month?

## FIRST RESPONSE® answers intimate questions for women.

It's true. A woman can conceive only when she ovulates. That normally happens just one time a month and sexual intercourse must be planned for that time. Timing is critical because a woman's egg lives only about 24 hours after ovulation, while a man's sperm can survive up to 72 hours. FIRST RESPONSE® Ovulation Predictor Test helps a woman predict the right time to conceive.*



**Can a couple decide to have a winter or spring baby?**

It is possible to plan your pregnancy. Normally, it takes 4 to 6 months to conceive and this can make planning difficult. The FIRST RESPONSE Ovulation Predictor Test helps in timing conception, since it detects the hormone that triggers ovulation. This lets a woman know when her egg can be fertilized.

**How does FIRST RESPONSE Ovulation Predictor Test compare with basal body temperature charts?**

FIRST RESPONSE is superior to the temperature chart method, because it predicts ovulation before it happens. The temperature chart method indicates that ovulation has already occurred, which may be too late for you and your husband to conceive. And, with FIRST RESPONSE you only test for 6 to 9 days. With temperature charts you must test daily.

**How early can a woman find out if she is pregnant or not?**

A woman can know on the day her period is due by using the FIRST RESPONSE® Pregnancy Test. It is so sensitive, it can detect very small amounts of the pregnancy hormone. No other home test can be used earlier.

**Why is the FIRST RESPONSE Pregnancy Test better than other home pregnancy tests?**

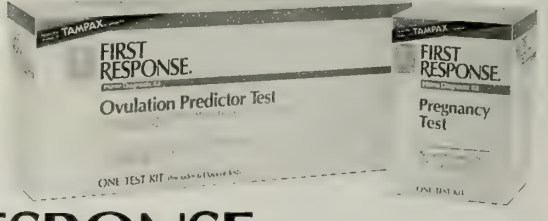
FIRST RESPONSE is the fastest home pregnancy test. It gives you a "yes" or "no" result in just 10 minutes: turns blue for pregnant; stays clear for not pregnant. And you can test any time of day.

**What do doctors say about testing with FIRST RESPONSE?**

More and more doctors are recommending the FIRST RESPONSE Ovulation Predictor Test to women who want to conceive.

Doctors also believe early pregnancy testing lets a woman take better care of her unborn baby. The FIRST RESPONSE Pregnancy Test is 99% accurate in laboratory testing. And since it is done at home, you can have a reliable answer sooner.

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*FIRST RESPONSE® Ovulation Predictor Test is not effective as a contraceptive.

From the maker of TAMPAX® tampons

# WHEN FOOD AND DRUGS CLASH

## HOW TO AVOID DANGEROUS COMBINATIONS

By Nick Gallo

**"Joe" slides into a booth at his favorite restaurant, orders a cheeseburger, then washes down his blood pressure pill with some red wine. An hour later, Joe is in the hospital. His head throbs and he feels queasy. His doctor tells him that his blood pressure has skyrocketed. Joe's OK now, but it was a close call.**



STEVE BJÖRKMAN

**When food and drugs are on a collision course, the hazards can be life-threatening.**

### What happened?

In Joe's case, the culprits were a common blood pressure drug and some ordinary foods. His pill contained an MAO inhibitor, used to treat both high blood pressure and depression. Unfortunately, MAO inhibitors can become lethal when combined with foods rich in a substance called tyramine. These foods include aged cheese, sour cream, red wine, pepperoni, chicken and beef liver, and soy sauce.

Most food and drug reactions are less dramatic than the one Joe experienced. But even subtle reactions can be serious. For instance, foods that decrease a drug's effectiveness may lead your doctor to treat you with a more powerful—and dangerous—drug.

### Charting a safe course

Our chart lists some common food and drug interactions. Be especially alert to these reactions if you take medicine (prescription or over-the-counter) regularly, including vitamins. To be on the safe side, ask your doctor or druggist about reactions when you receive any prescription.

*—Nick Gallo is a free-lance writer who specializes in medical topics from his home in Seattle.*

### FOOD AND DRUGS
*Preventing a bad marriage*

You can prevent most clashes between food and drugs with a big dose of old-fashioned common sense:

- **Read the labels** on over-the-counter drugs and package inserts that come with prescription drugs.
- **Ask your doctor** or pharmacist when to take a drug and which foods to avoid.
- **Don't abandon your drug** therapy if you suspect a bad reaction. Ask your doctor or pharmacist for help.
- **Don't make drastic diet changes** while taking medications without telling your physician.
- **Eat a well-balanced diet.** Some drugs rob your body of vitamins. If you're getting the nutrients you need from a wide variety of foods, drugs are less likely to cause this problem.

### The dangers of mixing foods and drugs

Many common drugs and foods interact with serious or dangerous consequences. If you are taking any of the drugs listed below, ask your doctor about foods you should avoid.

#### ANTIDEPRESSANTS

**If you are taking:** Any drugs containing MAO inhibitors, for instance isocarboxazid, pargyline, phenelzine, tranylcypromine, Marplan; Nardil; Parnate
**Avoid:** Sharp or aged cheeses, sour cream, pickled herring, salami, pepperoni, alcohol, red wine, liver, soy sauce, raisins, avocados
**Dangers:** Severe headache, dizziness, nausea, rapid, life-threatening rise in blood pressure

#### COLD, FLU, ALLERGIES MEDICINES

**If you are taking:** Antihistamines. (Dozens are on the market, so ask your doctor if you are unsure whether you are taking an antihistamine.)
**Avoid:** Alcohol
**Dangers:** Oversedation, impaired judgment, drowsiness

#### INSOMNIA REMEDIES

**If you are taking:** Barbiturates, butabarbital, amobarbital, hexobarbital, mephobarbital, metharbital, pentobarbital, phenobarbital, secobarbital
**Avoid:** Alcohol
**Dangers:** Drowsiness, unconsciousness, respiratory failure, death

#### ANTIANXIETY DRUGS

**If you are taking:** Tranquilizers. (Dozens are on the market, so ask your doctor if you are unsure.)
**Avoid:** Alcohol
**Dangers:** Oversedation, impaired judgment, drowsiness

*continued on page 88.*

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This coupon good only on purchase of product indicated. Any other use constitutes fraud. COUPON NOT TRANSFERABLE. LIMIT ONE COUPON PER PURCHASE. To the retailer: McNeil Consumer Products Company will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with McNeil Consumer Products Company coupon redemption policy CRP-1 dated October 1, 1985 and incorporated herein by reference. Cash value 1/20th of one cent. Send coupons to McNeil Consumer Products Company, PO Box 870082, El Paso Texas 88587-0082

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## FOOD AND DRUGS

*continued from page 87*

**ASTHMA DRUGS**

**If you are taking:** Theophylline, aminophylline
**Avoid:** Caffeine-containing foods: coffee, tea, cola, chocolate, and some cold and pain remedies
**Dangers:** Jitteriness, irritabililty, insomnia, rapid heart beat

**If you are taking:** Bronchodilators
**Avoid:** A sudden change to a very high protein diet; charcoal-broiled meats.
**Dangers:** Return of wheezing, breathing problems

**ACNE MEDICINES**

**If you are taking:** Isotretinoin; Accutane
**Avoid:** Supplements containing vitamin A
**Dangers:** Joint pain, appetite loss, headache, nausea, peeling skin, hair loss, brittle nails

**MOOD STABILIZERS**

**If you are taking:** Lithium, lithium carbonate, Eskalith
**Avoid:** Very-low sodium diets, diuretics (water pills)
**Dangers:** Tremors, nausea, mental confusion, seizures

**HIGH BLOOD PRESSURE DRUGS**

**If you are taking:** MAO inhibitors, Eutonyl
**Avoid:** Sharp or aged cheese or cheese-containing products, sour cream, pickled herring, salami, pepperoni, alcohol, red wine, beef or chicken livers, soy sauce, chocolate, raisins, avocados
**Dangers:** Severe headache, dizziness, nausea, rapid rise in blood pressure

**INFECTION-FIGHTING MEDICATIONS**

**If you are taking:** Metronidazole, Flagyl, Metryl, Neo-Tric, Novonidazol, Protostat, Sātric, Trikacide
**Avoid:** Alcohol
**Dangers:** Headaches, flushing, nausea, blurred vision

**If you are taking:** Tetracycline. (Many varieties available. Ask your doctor if you are unsure.)
**Avoid:** Dairy products and calcium supplements within two hours of taking tetracycline; iron-rich supplements
**Dangers:** Reduced antibiotic effect; delayed recovery from infection

**If you are taking:** Erythromycin, ampicillin, penicillin.
**Avoid:** Fruit juice, soda pop, wine
**Dangers:** Reduced antibiotic effects; delayed recovery from infection

**ANTISEIZURE DRUGS**

**If you are taking:** Phenytoin, Dantoin, Dilantin, Di-Phen, Diphenylan, Diphenylhydantoin, Novophenytoin
**Avoid:** Large amounts of liver, yeast; high-potency folic acid supplements.
**Dangers:** Poor drug absorption, added risk of seizures

### FOR MORE INFORMATION

- ***Food and Drug Interactions.*** Send 25 cents and a business-size SASE to National Consumers League, 815 15th St., Suite 516, Washington, DC 20005.
- ***"Food and Drug Interactions."*** Article reprint. Write: Food and Drug Administration, HFE–88, 5600 Fishers Ln., Rockville, MD 20857. Ask for HHS Publication No. (FDA) 84-3070.
- ***The Complete Guide to Prescription and Non-Prescription Drugs*** by H. Winter Griffith, M.D. HP Books. $12.95.

# OH, MY ACHING BACK!

## TAKE PAINS TO PREVENT IT

**A nagging backache makes life miserable, but rest and prevention can provide relief. Here's how:**

● **Getting your back back in shape:** Give it plenty of time to heal. Rest, stop working, and apply heat. Ask for a gentle massage. Aspirin or acetaminophen (Tylenol, Datril, Panadol) will ease the pain, but no medicine speeds healing.

● **See a doctor whenever** three days of rest produce little improvement or when recurrent backache begins to interfere with your life. Get medical help immediately if the back pain is accompanied by fever, vomiting, diarrhea, or urinary difficulty. Also seek help if the pain shoots down your leg below the knee. That may signal a pinched nerve.

● **How to prevent backache:** Don't bend at the waist to lift. Squat close to the object, grasp it, then rise using only leg muscles. Avoid benches or stools that have no back support. Sit with knees slightly higher than your hips and your feet flat on the floor. Sleep on a firm mattress with your knees bent and your head supported on a pillow. Don't sleep on your stomach. BH&G




10 P.M. Annie's down with chicken pox. It's time for kisses, fresh cool sheets and Aveeno®.

With your loving care and Aveeno, her itchy skin will feel better in no time. Because Aveeno Bath Treatment has the natural secret for fast relief of itch due to chicken pox... powder-soft colloidal oatmeal. Nothing works quite like it to soothe away nagging itch. And unlike cakey lotions or pills, nothing could be more natural. Ask your pediatrician about Aveeno Bath Treatment.

The natural treatment for chicken pox itch relief.




Use only as directed.

AAAH

AVEENO

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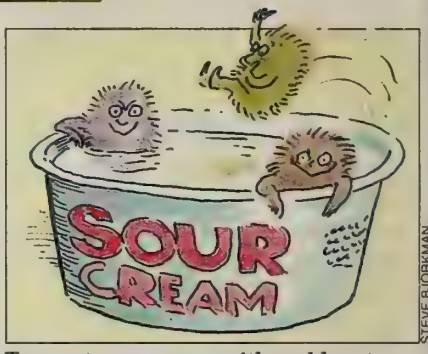
# DAIRY FOOD SAFETY

## GRADE-A QUESTIONS AND ANSWERS

**Do dastardly things happen to your dairy foods after you store them for a while? Read these questions and answers to discover storage dos and don'ts for milk, cheese, and more.**

**Q.** ***What should I do with the chunk of Parmesan cheese I just found way back in the refrigerator? It's probably been there two months.***

**A.** Serve pasta for dinner tonight! Very hard cheeses like Parmesan or Romano keep in your refrigerator almost indefinitely, as long as they are very tightly wrapped. Hard cheeses such as cheddar, Monterey Jack, and Swiss will keep under these same conditions for a month or more. But, a closer watch is needed on softer cheeses like cream cheese or Brie—they should be kept for only two to three weeks.




STEVE BJORKMAN

**Toss out sour cream with mold on top.**

**Q.** ***What about a piece of cheese with a little surface mold on it?***

**A.** The cheese is perfectly safe. In fact, the mold you see is probably the same type of "good mold" used to make your cheese in the first place. Just trim off a half inch of cheese on all sides of the mold before you serve it.

**Q.** ***Can I use sour cream with a couple little dots of mold on it?***

**A.** Throw it away. On a hard surface, as on most cheeses, a little mold can be easily cut away. But in cartons of soft dairy foods like sour cream, yogurt, and cottage cheese, little spots of mold on the top usually mean there is mold present throughout the food.

Sour cream will keep three to four weeks when properly stored in a 40-degree refrigerator.

**Q.** ***Can I leave my butter, butter-margarine blend, or margarine out at room temperature?***

**A.** The United Dairy Industry Association recommends that you store tightly wrapped salted butter, margarine, and butter-margarine blends in the refrigerator for two to four weeks. Because they are high in fat, they're very susceptible to oxidation, which causes spoilage. Refrigeration slows the oxidation process. If you leave butter out overnight, it should be safe; but its shelf life will be shorter.


# Read how this Remarkable "Cold Hot" Therapy relieves pain for millions. In minutes.

Many people know that hot baths, heat lamps and electric pads provide fast, temporary relief from stiff, sore aching muscles and minor arthritis pain. What they *don't* know is that cold compresses and ice packs can also be extremely effective. In technical terms, "both heat and cold act selectively on free nerve endings in the tissue and on peripheral nerve fibers to increase the pain threshold."*

While Icy Hot is not a clinical substitute, it does offer its own unique type of cold and hot therapy. It is available as an easy-to-use cream in tubes and jars, as well as a no-mess stick.

**Cold begins to soothe muscle and joint pain. Heat takes over to bring deep down relief.**

As you rub Icy Hot on, menthol, one of its two active ingredients, creates a soothing sensation of coolness that begins to bring relief. In minutes, Icy Hot's second pain fighting ingredient, methyl salicylate, goes to work. You experience a pleasant feeling of warmth from the increased flow of blood to the upper layers of your skin. This dual-action sensation of icy coolness, followed by one of penetrating warmth, is what relieves your pain. It's as simple as that.

**Icy Hot goes to work in minutes. Relief lasts for hours.**

If you, or any member of your family is suffering the agonies of sore, aching muscles or minor arthritis joint pain, put a stop to it at once. Rub in Icy Hot. In less time than it takes to read this message, you will feel its active ingredients begin to bring comforting relief to the affected areas.

So for fast, temporary relief from joint and muscle pain, use Icy Hot, the dual-action pain reliever.

If you desire more information about the use of hot and cold therapies, please write The Arthritis Foundation at Box 19000, Atlanta, GA 30326.




**Rubs on cool. Rubs in warm. Rubs out pain.**

*U.S. PHARMACIST, January, 1987, p. 77

**Q.** ***I've noticed some milk on the shelf of my grocery store instead of in the dairy case. How can it be safe if it's not refrigerated?***

**A.** The new type of milk you're referring to is technically called UHT (Ultra High Temperature) milk. The milk is specially pasteurized at a higher temperature, then aseptically packaged, and is indeed very safe. The milk will keep on your shelf at home for about three months, but must be refrigerated after you open it. Keep this milk on hand for emergencies or camping trips.

**Q.** ***When I opened a carton of milk this morning, it had a funny, sour smell. Is it OK?***

**A.** Check the top of your milk carton for the "Sell By" date. Most milk cartons are stamped with this date, which indicates to your grocer how long the milk can safely stay in the dairy case. If the milk smells sour and is beyond the "Sell By" date, pour the milk down the drain. If the milk smells sour before that date, it may have picked up some odors in the refrigerator or been allowed to get warm in handling. A distinctly sour smell means that the milk is bad and should be thrown out. Use your best judgment on whether or not to use the milk.



**It's best not to eat soft dairy foods (such as sour cream, cottage cheese, and yogurt) that contain mold.**

**Q.** ***The electricity in my house went off for the night, leaving my refrigerator without power. Are the dairy foods inside still safe?***

**A.** Normally, your dairy foods are safe inside an unopened refrigerator for about 4 to 6 hours in a power failure. If the electricity was off for 8 hours or more it's best to toss the foods.

You can add block ice to the refrigerator to keep it cool if there's a delay in getting the power back on. Try not to open the door or the cool air will escape.

Overall, the best rule of thumb for dealing with food safety: When in doubt, throw it out.








*The Golden Collection. Only from Hershey.*


F-O O D

# CHICKEN CHECKLIST

*Safe buying, storing, and cooking*

**Buying chicken**

**In the store, look for:**

- ☐ Plump, meaty pieces with clean, smooth skin; no discolorations
- ☐ An intact package

**Storing chicken**

**After grocery shopping:**

- ☐ Immediately stow uncooked chicken in the refrigerator (40° F.) in its store wrapping up to 2 days
- ☐ Wrap chicken you want to keep longer in moisture- and vapor-proof wrap; seal, label, and freeze up to 9 months

**Cooking chicken**

**To prepare uncooked chicken:**

- ☐ Thoroughly rinse; pat dry
- ☐ Cook till no pink remains
- ☐ Wash all surfaces that touch chicken with hot, soapy water

# HEALTH UPDATE

## MEDICAL NEWS YOU CAN USE

### WORD FROM WASHINGTON

***How to get with it and stay fit***

The President's Council on Physical Fitness and Sports has issued a 16-page brochure that can give you that little boost you've been needing.

"Staying With It" tells you how to maintain your motivation to exercise, and provides information on starting an exercise program. "Staying With It" also gives tips on choosing home equipment and selecting a health club. Call 1-800/543-2925 for this free brochure.

*By William Cole, Paul Krantz, Gary Legwold, Michael Oppenheim, M.D., and Ellie Strock, R.N.*

### DIABETES FOR TWO

***A hidden danger of pregnancy***

Less than half of all pregnant women are properly screened for gestational diabetes—the type of diabetes that occurs during the second half of pregnancy—according to one recent study. Three to 5 percent of all pregnant women develop the condition.

Untreated, gestational diabetes can lead to serious problems for both the mother and her child. The American Diabetes Association recommends that women be screened between the 24th and 28th weeks of pregnancy.

Fortunately, the problems associated with gestational diabetes can usually be prevented. Treatment includes a specially planned diet and, in some cases, insulin injections.

Gestational diabetes usually goes away after delivery, although 90 percent of those affected develop this type of diabetes in a future pregnancy. To order *"Gestational Diabetes: Guidelines for a Safe Pregnancy and Healthy Baby,"* write: Diabetes Center, Inc., P.O. Box 739-BHG, Wayzata, MN 55391. The 36-page booklet costs $4.50.



STEVE BJÖRKMAN



COUNTDOWN TO YOUNGER

1 If your hands are starting to look older than the rest of you, here's what to do. Set aside 7 days, and get yourself some New Ivory Liquid.

2 Ivory's been improved. A lot. Now, every time its bubbles

3 touch your hands, something beautiful happens.

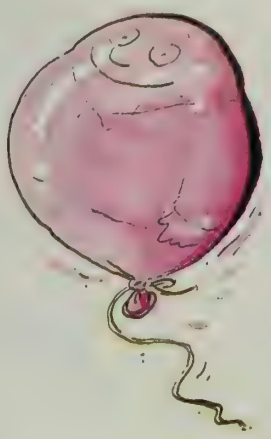
4 Younger-looking skin is uncovered. Little by little. As you do dishes.

## EXPANSION TECHNIQUE MAKES NEW SKIN

*Study shows promising results*

The idea of creating new skin to replace skin damaged by surgery or injury seemed like a miracle when it gained popularity in the early 1980s. New research shows that the technique—called tissue expansion—works better than anyone could have guessed, according to plastic surgeon and researcher Louis Argenta.

Before tissue expansion, surgeons would transplant healthy skin to the damaged area. Because skin from different parts of the body looks different, the graft is almost always painfully obvious. Tissue expansion grows new skin adjacent to the damaged area, allowing a perfect match.



**A balloon is the secret.**

To create the new skin, doctors insert a balloon under the skin, then inflate the balloon over a period of several weeks to two months. The body responds by producing extra skin to accommodate the growing balloon. The process is similar to what happens when a woman's abdomen grows during pregnancy. When the balloon is removed, the excess skin is attached to the damaged area.

At first, doctors feared that the new skin wouldn't hold up over time. Dr. Argenta's research shows that the new skin is identical to skin created by normal growth processes. According to his study, the new skin remains healthy over time.

## NEW AID FOR COLIC VICTIMS

*Driving babies to sleep*




A new device is driving colicky babies—and their bleary-eyed parents—to dreamland. SleepTight mimics the sounds and motion of a moving car and attaches to any crib.

In tests at the National Institute of Child Health and Development, 85 percent of the colicky babies studied quieted within four minutes. Almost all of the infants in the study found at least some relief.

SleepTight costs $69.95 plus shipping. For information, write: SleepTight, 3613 Mueller Rd., St. Charles, MO 63301. Or call 1-800/325-3550.

*continued on page 94*



LOOKING HANDS.

7

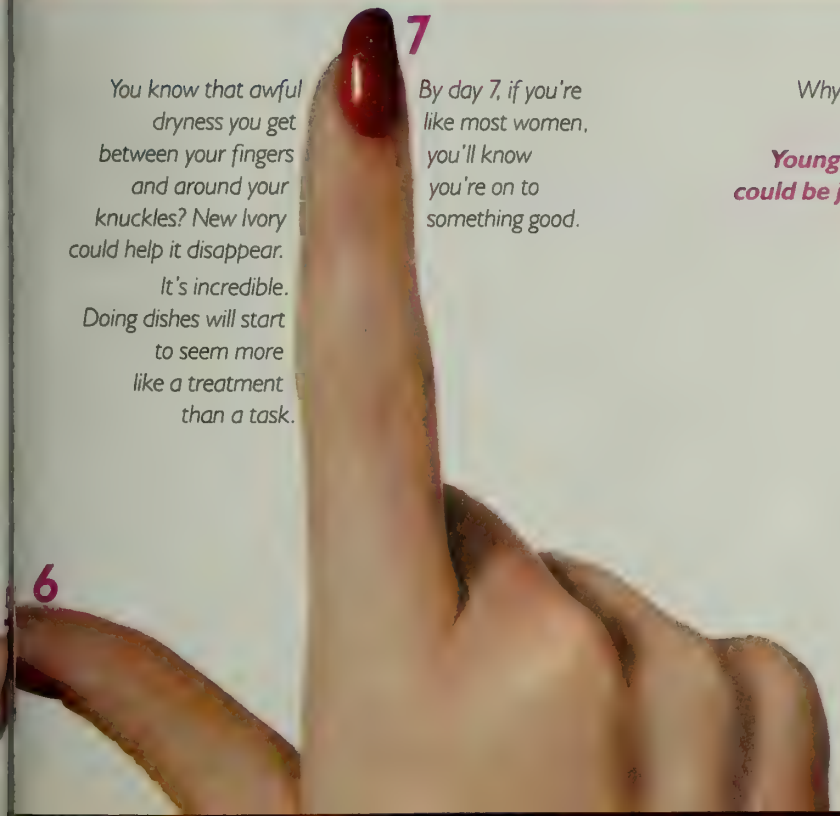
*You know that awful dryness you get between your fingers and around your knuckles? New Ivory could help it disappear.*

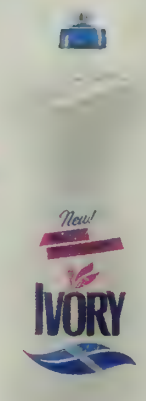
*It's incredible. Doing dishes will start to seem more like a treatment than a task.*

*By day 7, if you're like most women, you'll know you're on to something good.*

*Why not get started with New Ivory today?*

***Younger-looking hands could be just a week away.***




IT'S NEW!

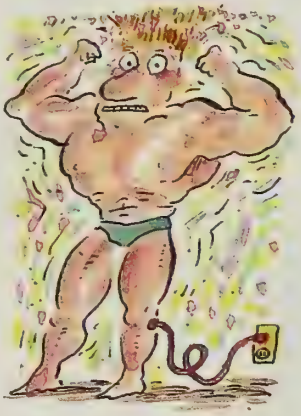
© 1988 The Procter & Gamble Company

*continued from page 93.*

## TOO GOOD TO BE TRUE?

*Electric body builders spark skepticism*

Can you really add inches to your chest or arms without lifting a finger? That's the claim made by makers of machines that use electrical pulses to stimulate muscle contractions. But doctors suggest that fitness buffs turn off their impulse to buy until more studies are done.



Shocking story.

The devices include a base unit along with several paddlelike electrodes that are attached to the skin. Physical therapists use similar machines to prevent muscle deterioration in patients who are paralyzed from the neck down. (Without some form of stimulation, the muscles in quadriplegics would waste away.) And, Harvard Medical School cardiologist Dr. Paul Axelrod admits the machines can build strength and are used by Soviet athletes and professional football players.

But Alexrod notes that these are well-supervised, highly motivated athletes willing to put up with the "hammering" discomfort of the electrical impulses.

In addition, the machines may cause irregular heartbeats in healthy people, especially if the electrodes are attached to the chest too close to the heart. Another danger is that the devices can upset pacemakers.

You can't beat regular exercise, says Axelrod, and claims to the contrary are "a sales job."

## BEATING A FLAKY PROBLEM

*A three-point dandruff plan*




That blizzard of flakes on your shoulders may be annoying, but they're usually not invincible. You can conquer most dandruff problems right in your own home, according to Los Angeles doctor Michael Oppenheim. Just try these simple solutions:

**1. Wash those scales right out of your hair.** Frequent washing will





conquer many mild cases. Do it as often as necessary to control flaking. Daily washing with an ordinary shampoo is not harmful.

**2. Head for a medicated shampoo.** If ordinary shampoos fail you, use a product containing either selenium sulfide (Selsun Blue, Exsel), zinc pyrithione (Head and Shoulders, Zincon, Sebulon), or salicylic acid (Sebulex, P&S). If these preparations don't do the trick, it's time to call out the big guns. The strongest and most expensive antidandruff shampoos are those made with tar (Sebutone, Tegrin, Zetar).

**3. See a doctor.** If no shampoo seems to solve your problem, you might have a more serious condition. The two most common skin diseases that are mistaken for dandruff are psoriasis or seborrhea. The doctor may prescribe a cortisone lotion in addition to shampoo. See a physician soon if the itching is intense or if you have a localized patch of scaling. Ordinary dandruff rarely exhibits these symptoms.

## GOOD NEWS FOR A BAD PAIN

*Taming a complication of shingles*

There's encouraging news for anyone who suffers from a persistent pain that sometimes follows a bout with shingles. Nerve-blocking injections of an anesthetic (usually lidocaine) have shown great promise.




**Block that pain!**

Shingles affects mostly people over age 50 and results in large inflamed blisters over the trunk, face, neck, or eyes. The disease is caused by the same virus that causes chickenpox. Although uncomfortable, shingles is treatable and usually causes no lasting damage. Most cases can be controlled by antibiotics. Pain, if present during an outbreak, may be mild or severe. Some patients, however, suffer months of constant severe pain even after the skin eruptions clear up.

Dr. Subhash Jain, of the Memorial Sloan-Kettering Cancer Center in New York City, stresses the importance of starting the nerve-blocking procedure very early—preferably as soon as the shingles blisters erupt. Delay lowers the chance of success, reports Dr. Jain. According to the physician, the nerve-blocking treatment often results in complete or partial relief of pain for a year or, in some cases, longer.

If your doctor is unable to recommend a specialist in this procedure, contact the anesthesia department of a major hospital.



Phenylpropanolamine hydrochloride is the active ingredient in most popular diet aids. It suppresses your appetite. It's a drug.

Fiber is the main ingredient in Fibre Trim.® It helps you control your appetite naturally. It isn't a drug.

Fibre Trim is natural food fiber, from citrus and grain, in a tablet. It has no stimulants. No drugs.

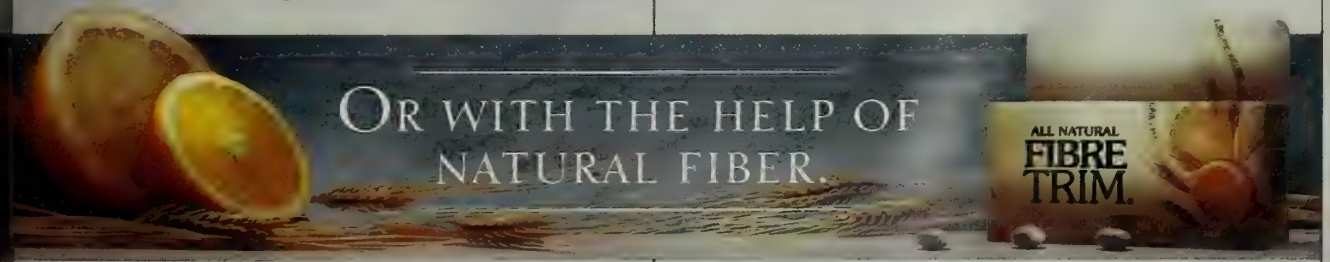
And none of the side effects sometimes associated with diet aids that do.

Take it before meals, and the fiber helps fill you up, so you're satisfied with less food. And when you eat less, you lose weight.

It's not magic, of course. But if you make Fibre Trim part of a sensible diet plan, one that includes eating the right foods and exercise, you will lose weight.

And you will lose it gradually, and safely. (Something Europeans have known for years.)

And that's the best way to lose weight permanently.




FIBRE TRIM. THE EUROPEAN WAY TO SLIM.

Introducing a coffee breakthrough.

New Colombian Select.™
Half the caffeine. All the full rich flavor from select 100% Colombian beans.




Here's a brand new coffee from Taster's Choice® with half the caffeine. New Colombian Select—made from 100% Colombian coffee beans, specially selected for richness and smoothness. New Colombian Select—from the Taster's Choice line of superior-tasting 100% freeze dried coffees.

The Choice for Taste™



© 1988 Nestle Foods Corporation



# COUSCOUS

## A FAST AND EASY PASTA SIDE DISH



MIKE DIETER

Couscous: a Middle Eastern staple.

**Like any other pasta, couscous (KOOS koos) comes in its own unique shape: tiny beadlike grains. You'll find mild-tasting couscous next to the rice or pasta in your grocery store. If you haven't experienced the taste of couscous, serve it as you would rice or spaghetti. Or, try it in this savory side dish.**

### HERBED COUSCOUS AND VEGETABLES

*This meal mate cooks up in less than 15 minutes—*

- 1 cup sliced fresh mushrooms
- 1 tablespoon margarine *or* butter
- 1 cup water
- 1 tablespoon snipped parsley
- ½ teaspoon dried basil, crushed
- ¼ teaspoon salt
- ⅛ teaspoon dried oregano, crushed
- Dash pepper
- ⅔ cup couscous
- 1 medium tomato, peeled, seeded, and chopped

In a medium saucepan cook mushrooms in hot margarine till tender. Stir in water, parsley, basil, salt, oregano, and pepper. Bring to boiling; remove from heat. Stir in couscous. Let stand, covered, 5 minutes. Stir in tomato. Makes 4 side-dish servings.

***Nutrition information per serving:*** 108 cal., 3 g pro., 17 g carbo., 3 g fat, 0 mg chol., 170 mg sodium, 125 mg potassium, 3 g dietary fiber. U.S. RDA: 10% vit. C. FH&G

# GREEK CHICKEN SALAD




SCOTT LITTLE

Enjoy this company-special salad.

**Greek Chicken Salad, a favorite of ours, may become one of yours.**

## GREEK CHICKEN SALAD

*Aioli (garlic mayonnaise) makes any sandwich or salad special—*

- 3 cups cubed cooked chicken breast (about 3 chicken breasts)
- 2 medium cucumbers, peeled, seeded, and chopped
- 1¼ cups crumbled feta cheese
- ⅔ cup sliced pitted ripe olives
- ¼ cup snipped parsley
- 1 recipe Aioli (see recipe, *below*) *or* 1 cup mayonnaise plus 3 cloves garlic, minced
- ½ cup plain yogurt
- 1 tablespoon dried oregano, crushed
- Boston *or* Bibb lettuce leaves

In a large mixing bowl combine first five ingredients; set aside. In a small mixing bowl combine Aioli, yogurt, and oregano; add to chicken mixture. Toss mixture to coat. Cover and chill. Serve on lettuce leaves. Makes 6 servings.

***Aioli (Garlic Mayonnaise):*** In a blender container or food processor bowl combine 1 *egg*, 2 tablespoons *lemon juice*, 3 cloves *garlic*, ¼ teaspoon *salt*, and dash *pepper*. Cover and blend or process for 5 seconds. With appliance running, slowly add 1 cup *salad oil* through opening in lid, blending till smooth and thick. Stop to scrape sides as necessary.



Bursting with dark, rich flavor.

New and improved Maragor Dark Roast™ Coffee.




You've never had coffee like this before. New and improved Maragor Dark Roast Coffee. Specially dark roasted, for deep, rich flavor that's smoother than ever. Maragor Dark Roast—from the Taster's Choice® line of superior-tasting 100% freeze dried coffees.

Available in regular and naturally decaffeinated.

*The Choice for Taste*™



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CAUTION: CONTENTS UNDER PRESSURE
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# BREAKING WITH TRADITION

## MIXING CLASSIC AND CONTEMPORARY



SUSAN GILMORE

Lively colors and patterns wake up tradition in this home library.

**For Charles and Janet Leavitt, their bookish family room represents a compromise in tastes: He likes the dignity of traditional design; she prefers the kick of contemporary. Here's how the couple arrived at the best of both worlds:**

### FRESHEN UP ARCHITECTURE

Stacks of shelves, crown moldings, wooden shutters, and a sturdy mantel are traditional trappings the Leavitts wanted for the library of their newly built home. Dark woods are usually part of the old theme, too—and that's where the new twist comes in. Coated with white paint, these vintage accents look fresh for today. Somber woods don't get underfoot, either—glowing maple steps in for a lighter look.

### BE BOLD WITH COLOR

Set against the white background, a strong one-two punch of color and pattern can set a room's modern mood in motion. Here, the traditional tone is still carried through—in the shape of familiar furniture forms. But, taking color cues from a favorite tartan plaid area rug, the Leavitts dressed the furniture in lively shades of red and green. The bold geometry of racy black-and-white hearth tiles adds another contemporary spark to the scheme.

### BALANCE WITH ACCENTS

Well-chosen accessories can steady a balancing act between classic and contemporary. Adding bright spots of color and vintage charm, collections of toby jugs, books, and Airedale terrier figurines match the dual-flavored scheme. The practical, floor-to-ceiling shelves corral family treasures to fend off clutter and provide optimum display. BH&G

Architect: Michael Neaton, Neaton Broussard & Associates. Design: Hanson-Heiny, Inc. Field Editor: Pat Carpenter

# Fisher-Price lets you be in two places at once.







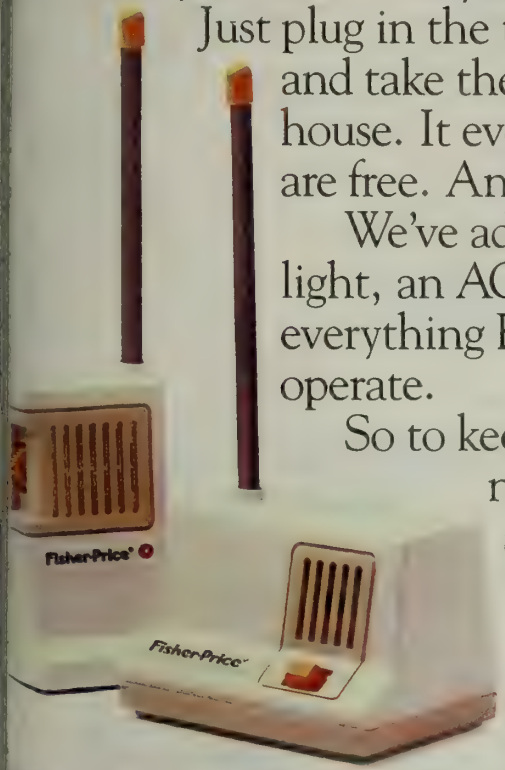
Discover the Nursery Monitor, an easy-to-work, one-way intercom that lets you hear what your baby is up to, when you're out of earshot.

Just plug in the transmitter in the baby's room during naptime, and take the portable receiver with you, all over the house. It even clips to your belt or pocket, so your hands are free. And of course, the sound quality is superlative.

We've added other nice extras: a battery indicator light, an AC adapter and flexible antennas. And like everything Fisher-Price designs, it's rugged and easy to operate.

So to keep tabs on that little cough, or to know when naptime is finished, or if you just think the sound of your baby is better than anything on the radio, keep tuned to the Fisher-Price Nursery Monitor.

Who says you can't be in two places at once?




**The Nursery Monitor by Fisher-Price.**

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When People Count On You,
Count On Post-it™ Notes.

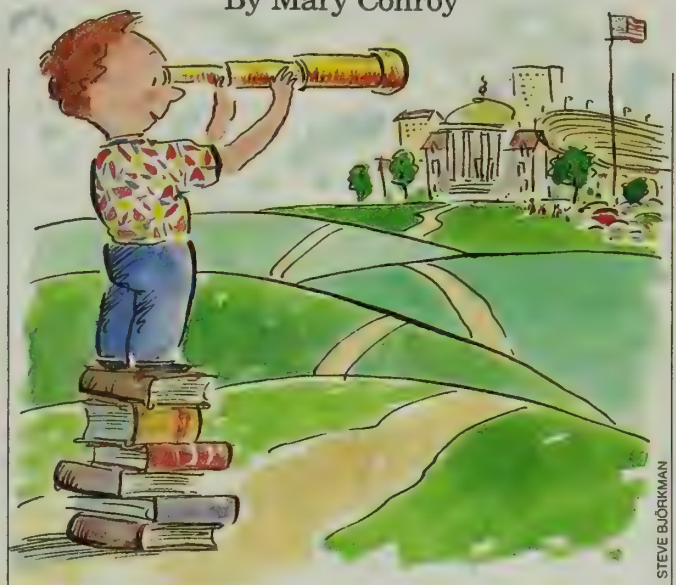



"Post-it" is a trademark of 3M. ©3M 1987

# COUNTDOWN TO COLLEGE

## SMART MOVES BEFORE IT'S TOO LATE

By Mary Conroy



STEVE BJÖRKMAN

**Savvy students start planning for college in eighth grade. Here's how to make sure your child gets into those hallowed halls.**

**The summer after her high school graduation, one of Karen Clemens' friends asked about her college plans. "Oh, I don't know," Clemens asked. "Where are you going?" Her friend named a local school. That sounded good to Clemens, so she drove over to apply. She was accepted that day, with no problem.**

But that was 13 years ago. Chances are, Clemens wouldn't be so lucky today. The days of open admission and last-minute applications are long gone. Since 1980, 31 percent of all American colleges and universities have raised their standards for admission, and many others plan to do so in the near future.

Elite private schools aren't the only ones to increase entrance requirements, either. In the past year alone, state universities in Illinois, Montana, Wisconsin, Tennessee, Texas, Minnesota, and New Mexico have all made it tougher to get in. The new standards are touted as solutions to two common problems—overcrowded classes and low student achievement. The upshot: High schoolers who delay college plans until junior or senior year may find themselves locked out.

### CAN YOUR KID MAKE THE GRADE?

Across the nation, entrance requirements are getting tougher all the time. Here's what one typical state, Illinois, will soon be requiring of students seeking admission to publicly funded universities:

| Course | Years required |
|---|---|
| English | 4 yrs. |
| Math | 3 yrs. |
| Social Studies | 3 yrs. |
| Laboratory Science | 3 yrs. |
| Foreign Language or Fine Arts | 2 yrs. |

### Picking classes with an eye toward the ivy

Administrators agree that the best preparation for college is a rigorous academic program in high school. Although SAT and other admissions test scores are important, they reflect only one day's performance. In contrast, "the student's transcript is the most important factor because it provides three to 3½ years of data," says Patricia Johnson, acting admissions director at Atlanta's Spelman College.

For an impressive transcript, your child should take such "name brand" college prep classes as English Literature instead of less-known courses such as "Good, Evil, and Stephen King." "We're fairly suspicious of trendy academic courses," says Rob Gardner, dean of admissions at North Carolina's Davidson College.

Many schools also expect to increase foreign language demands soon. However, it's important to take the right language. Because the College Board currently does not offer achievement tests in Asian languages, students who study Russian, Japanese, Chinese, or Korean may not get into colleges that require the tests for admission.

*continued on page 102*

### SCHOLARS' SCHEDULE

*Here's a year-by-year guide to preparing for college:*

- **8th through 10th grades**

Grades and test scores will tell if your child can handle college prep or honors classes. Help your youngster choose appropriate courses. (See box.)

- **11th grade: September**

Sign up for the *Preliminary Scholastic Aptitude Test* (*PSAT*), offered only in October.

- **11th grade: February–April**

Register for an SAT or ACT test coaching class, if needed. Sign up for the June SAT. Attend college-night presentations about features of individual schools. Send for several catalogs and tour campuses. Find people to write recommendations for your college applications.

- **12th grade: September**

Register for the October SAT if June scores were low.

**October:** Sign up for the *Achievement Test* and *American College Test* (ACT).

**November:** Submit applications and letters of recommendation.

**January:** Apply for grant, loan, work-study, and scholarship offerings.

**April:** Many colleges mail acceptance letters. Check due date for return of material. Take Advanced Placement Tests if needed.

**May through July:** Take placement tests if required by your college.

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service, or joining an archaeology expedition.

Schools also want students who fit into campus life. "We want them to contribute to the community when they get here, so I look for past involvement in their church or community," Johnson says. However, although outside jobs are a sign of ambition, moderation is the key. No amount of job experience will make up for low grades, Gardner says.

### Applications: what the pros recommend

To help students put the best foot forward, experts advise:

- **Don't rely on one application.** Many students apply to at least three colleges: one "dream school," one they like fairly well, and one school they *know* they'll get into.
- **Don't rule out schools that seem too expensive.** Some costly colleges offer hefty financial aid packages, so they advise students to apply first and worry about money later.
- **Treat the application like a job.** Spelling and completeness count. Coffee-stained applications don't impress anyone.
- **Take the essay seriously.** A few hours of work on an essay may bring four years on a prestigious campus.
- **Don't be modest.** "We always tell them this is the time to brag," Johnson says. Admissions officers can't possibly guess at talents that aren't even mentioned.
- **Follow up on the application.** Call the admissions office to be sure all required materials have arrived.
- **Request an interview.** Some students with undistinguished records make a better impression in person.
- **Cultivate connections.** Alumni can provide valuable information about campus life.

*—With Ann Daluiso and Jeannette Steiger*

## COUNTDOWN TO COLLEGE

*continued from page 101.*

Schools also smile upon honors and advanced placement classes. Some colleges recalculate grade-point averages of students in these courses to reflect the increased difficulty.

### Quantity counts

Budding scholars keep nonacademic courses such as home economics and physical education to a minimum. Although one semester of typing can help on term papers, more than that leaves little time for academic classes.

Many schools have even more stringent requirements than the Illinois state university system (box). Your best bet is to consider the Illinois requirements as a minimum, and urge your child to take five solid courses each semester.

### From charity to cheerleading: Extracurricular moves that count

Some students litter their records with activities, but that strategy can backfire, Gardner says. "We look for depth, not breadth. That could be collecting butterflies, if the student has done it well." Drake University Director of Admissions Tom Willoughby prefers leadership roles to quantity.

But not everyone can be class president. Running a food drive is another way to show initiative. Drake also values activities that teach job skills, such as editing the school paper.

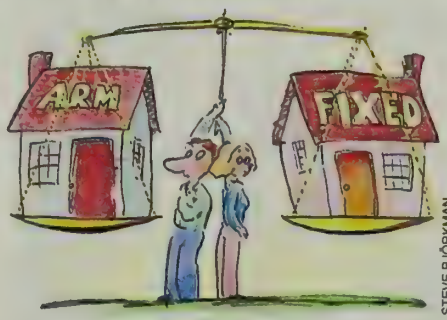
No college wants a cookie-cutter student body, so most schools seek variety in their students. Special weight is given to unique experiences: traveling abroad, starting a delivery



# CONVERTIBLE MORTGAGES

## MORE OPTIONS FOR HOME BUYERS

**Adjustable-rate mortgages (ARMs) that allow you to convert later to a fixed-rate loan were hot last spring, when rates spiked up sharply. But even with rates relatively flat, such convertible mortgages are worth considering. Up to half of all lenders now offer these loans.**




STEVE BJÖRKMAN

### What's the advantage?

For one thing, ARM interest rates generally run 2 to 3 percentage points lower than fixed rates at any given time. For another, because you can switch to a fixed rate in the future, you are potentially protected should rates threaten to soar. Just lock in the current fixed rate before your ARM rate rises too much. **Tip:** Even if rates don't look as though they'll rise much for quite some time, many experts suggest pinning down fixed rates once they drop below 10 percent.

Terms on convertibles often are more liberal than they have been in the past. For example, though typical conversion periods run between the end of the first and fifth years, some lenders now allow the switch for the life of the loan. **Tip:** Don't consider a convertible unless you plan to stay in your home for at least three years.

Convertibles offer lower expenses than refinancing, but shop carefully:

- Both the ARM and fixed rates may be higher than with nonconvertible loans. Or, the cost will be factored into conversion fees. Ask for details.
- Look for caps on how high rates can rise—typically, 1 or 2 percent a year, with a maximum of 5 or 6 percent over the life of the loan.
- Some lenders now require higher incomes to qualify for ARMs with caps of more than 1 percent a year. The index for measuring rates also may impact underwriting. Compare deals. BH&G



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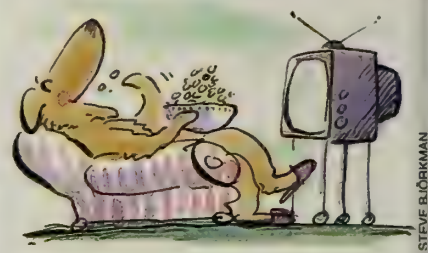
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# 9 TO 5: IT'S A DOG'S LIFE

## HOW TO KEEP YOUR PET CONTENT WHILE YOU'RE AT WORK



STEVE BJORKMAN

**Chances are your dog finds the Monday-through-Friday workweek a real drag, and a discontented canine can display displeasure at being left home alone in a variety of unsavory ways. What can you do to satisfy Rex from 9 to 5?**

### 10 HELPFUL HINTS

**1. Dog-proof your home.** Both mischief and accidents are possible while you're away from home. A dish of chocolates left on the coffee table is a temptation to your pet. An antique figurine or lamp shouldn't be positioned at tail-wagging level. An exposed electrical cord or a piano leg might tempt a "chewer." Use a cotton swab to apply a fine layer of pepper sauce (a good way to discourage any unauthorized tasting of household furnishings). A pot left on the stove top can become a fire hazard: Your pet just might be able to put its paws on the range panel and turn on one of the burners—mine did! For best results, confine your dog to one room.

**2. Make your pet feel comfortable while you're away.** Provide your dog with a nice resting area: its own personal bed or a warm blanket will do the trick. Leave a radio on at low volume. Put rawhide chewbones and favorite toys where your pet can find them.

**3. Feed and water your dog according to its needs.** Leave behind a bowl of fresh water during your absence. Some pets enjoy *small* portions of packaged dog food or a few treats as a midday snack.

**4. Break up your pet's dull day.** If your job is close enough to home to permit a lunchtime or afternoon visit, do so. Perhaps a nearby friend or relative can check in on your dog. Some pets can tolerate four- or five-hour periods on their own even though they wouldn't be happy by themselves for an entire day.

**5. Stick to your dog's established routine.** Dogs are creatures of habit. Once your pet's daily routine is established, try not to disrupt it. Your dog will feel most comfortable if it knows when to expect you home, and it will be less likely to engage in destructive behavior brought on by changes in its routine.

**6. Make the most of your time with your pet.** Even if it's been a rough day at the office, greet your pet with enthusiasm that night. Make time each day for play or grooming sessions. Pets will often get into trouble when left alone in an attempt to gain their master's attention. If your dog is fulfilled by the affection you give it regularly, the animal may be less inclined to seek attention in unacceptable ways.

**7. Pamper your pet.** "Spoil" your dog with a treat now and then: Perhaps a visit to the fast-food drive-through window is in order after a trip to the veterinarian's office. Such special treats can better your relationship with your pet.

**8. Invest the time in obedience training.** Whether you take Fido to formal classes or train your pet by the book—chapter by chapter—spend the time to teach your dog the responsible behavior you expect. Dogs are pack animals. As their owner, you must establish that you're the pack's leader and that your commands must be obeyed. A well-trained animal will follow behavior commands and will be more likely to want to please its master.

**9. Watch for changes in your pet's behavior.** Sudden unacceptable behavior—such as house soiling by a normally well-mannered pet—are sometimes caused by illness. Be sensitive to your pet's habits, and be ready to make the call or visit to the veterinarian's office if any out-of-character behavior problems appear out of the blue.

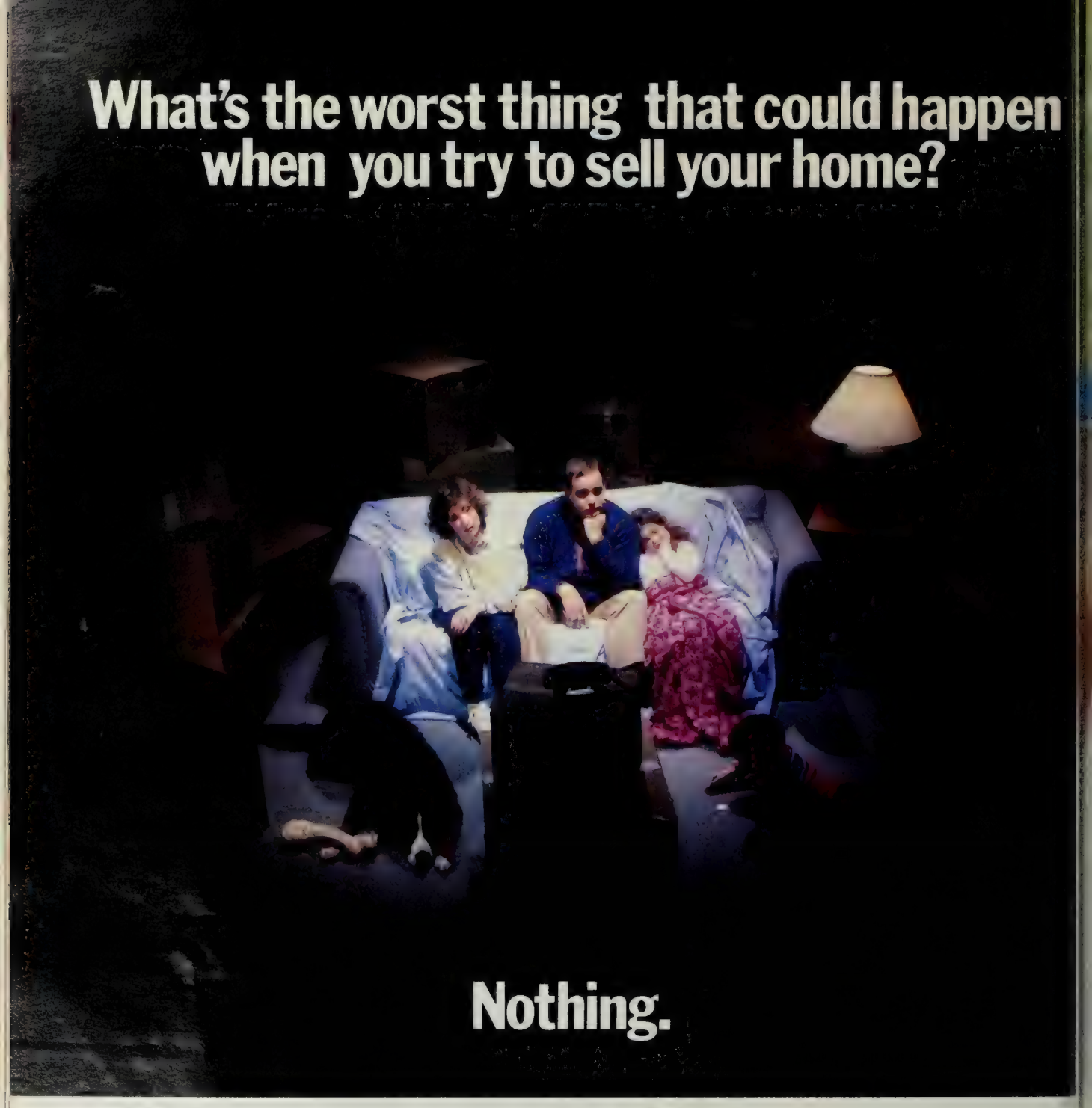
**10. Use the buddy system.** One pet left alone during the day is likely to be lonely. However, two pets usually can provide each other with satisfying companionship. Two dogs generally will thrive on each other's company. But, don't rule out adding a cat or a singing bird to the household.

*—By Diane C. Arkins*






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# A TWO-COOK ISLAND KITCHEN

## BRIGHT, EYE-PLEASING, AND EFFICIENT

By Gregory D. Cook

**ANYONE WHO'S LIVED WITH AN ISLAND KITCHEN KNOWS HOW EFFICIENT A CENTRAL WORKSTATION CAN BE. HERE'S A REMODELING THAT HIGHLIGHTS THE BENEFITS.**

### PIVOT POINT OF A NEW PLAN

This kitchen started life with a peninsula that chopped up the circulation pattern. To get to the oven, you had to practically leave the room, and the kitchen was locked off from the rest of the house as well as the outdoors.

To improve the traffic flow and provide room for two cooks, the homeowners reorganized the floor plan. Now, an island with its own sink provides a separate food preparation area and easy access all around.

### STRUCTURAL CHANGES

During remodeling, workers moved the exterior sidewall out 4 feet and opened the 8-foot ceiling to the rafters. The exposed beam demarks the former wall location; everything beyond it is new. Skylights and a new window following the roofline over the sink bring light into the larger space.

The new layout emphasizes practicality. The island serves as a staging area between sink, range, and ovens.



PHOTOGRAPHS: ERNEST BRAUN

**CUTTING CONNECTIONS.** A new pass-through and larger windows add utility.



**PANTRY STORAGE.** Deep cabinets, with shelves on the doors, store food, dishes, and more.



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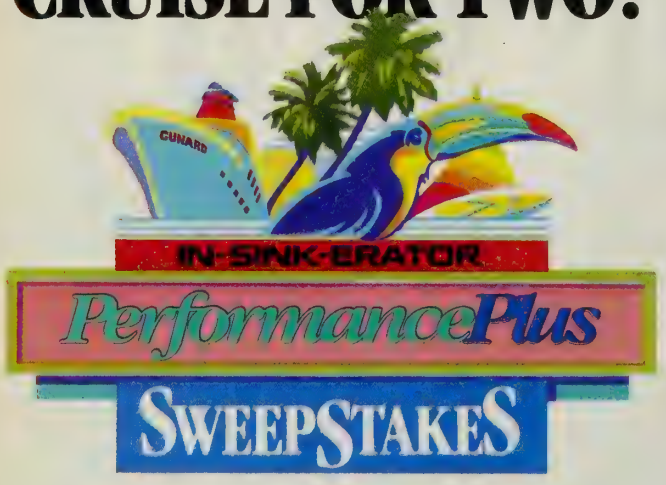
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# BUYING AND CARING FOR WICKER

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### BEFORE YOU BUY:

- **Define your terms.** "Wicker" is a general word that describes woven furniture. Wicker pieces can be made of rattan, cane, willow, or any pliable material. Most quality wicker is rattan, considered the strongest tropical fiber.
- **Begin with the finish.** On painted pieces, two coats of semigloss latex enamel stand up best to wear and weather. Natural wicker furniture should be sealed with lacquer to prolong its life and make maintenance easier.
- **Give it a hand.** Run your hand over the piece to check for a smooth finish. Inspect the weave; tight weaves are durable.
- **Put it to the test.** Lean on the wicker piece to make sure it doesn't wobble. Turn it over: The frame should be at least 1 inch thick; all joints should be tightly wrapped.

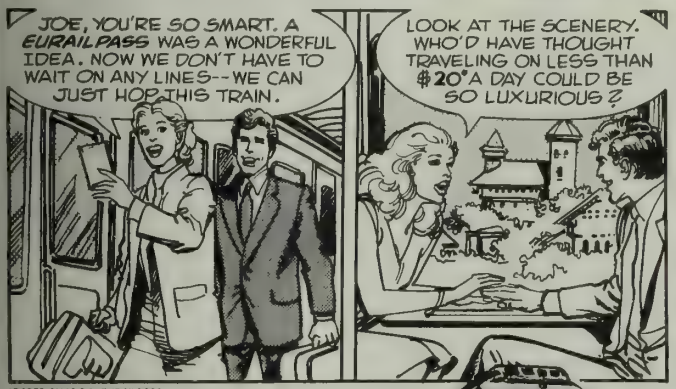
### TO CARE FOR WICKER:

- **Prevent dust buildup.** Regularly whisk your wicker furniture with a feather duster or a soft brush.
- **Watch out for water.** The old practice of hosing down wicker no longer holds water. Instead, occasionally wipe your wicker with a damp cloth and a mild detergent.
- **Polish up on the material.** Rattan takes well to a lemon-oil cleaning. To touch up nicks on dark items, use a prepared scratch cover. Buri pieces—a Philippine palm often used on low-priced wicker—should not be polished.
- **Make repairs right away.** To fix a loose wicker wrapping, unpeel it a few turns and lightly spread glue on the frame. Rewrap the area and tape it in place until dry.

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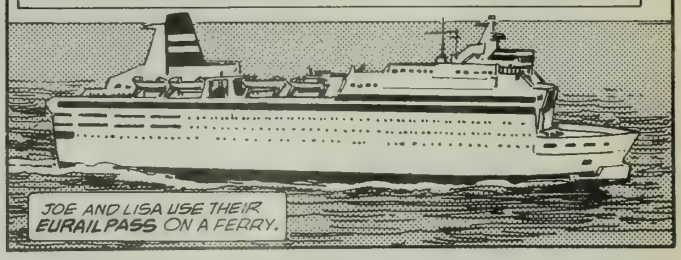




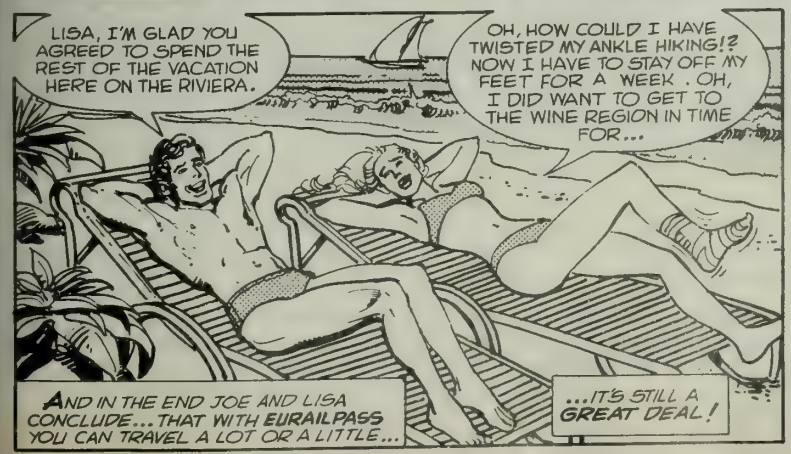

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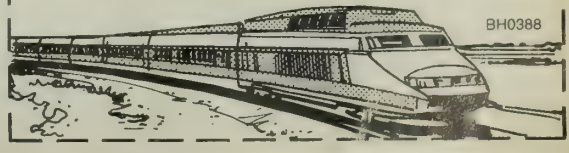
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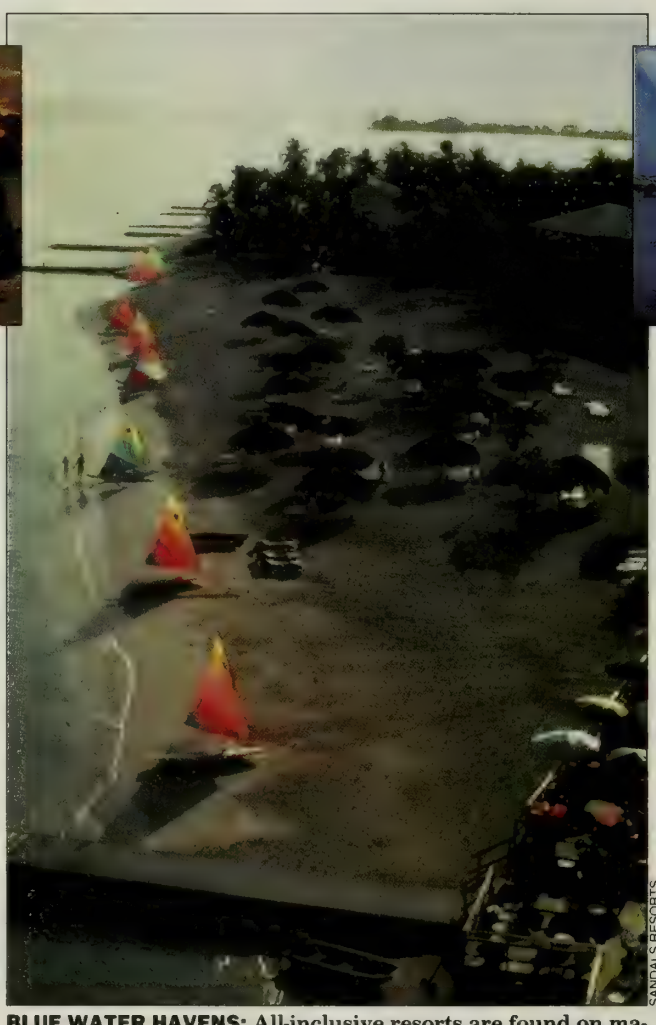
## AIRFARE, ROOM, MEALS, SPORTS, AND FUN

By Tania Grossinger



JACK TAR VILLAGE RESORT

**HORSEBACK RIDING IN THE TROPICS:** Some resorts include unlimited riding time.



SANDALS RESORTS

**BLUE WATER HAVENS:** All-inclusive resorts are found on major Caribbean islands. Twelve will soon be open in Jamaica.



BRADLEY OLMAN

**LEARN TO SCUBA:** Rental and instruction are part of the basic price.

**AT THESE RESORTS ONE PRICE PAYS FOR EVERYTHING: AIRFARE, LODGINGS, MEALS, SPORTS, AND ENTERTAINMENT—EVEN DRINKS AND TIPS. BUT ARE THEY BARGAINS FOR FAMILIES? THE AUTHOR HELPS YOU DECIDE.**

Unpack your suitcases at one of the many new-styled all-inclusive resorts. Then face the biggest predicament of the day—lunch in the dining room or a snack on the beach; a day of family sailing or tennis? You can spend a week living in this kind of luxury without opening your wallet once. That's thanks to what are called "all-inclusive" vacations, the resort industry's answer to the cruise-ship concept of fixing *all* vacation expenses in advance.

### How they started

Famed Club Med helped pioneer the all-inclusive concept for landlubbers by mass-marketing one-price-pays-all getaways at the French company's many worldwide hotels. But the Club Med market has mainly been singles. Some Club Med properties now encourage families and offer special children's activities ***(Club Med, 40 W. 57th St. New York, NY 10019; 800/258-2633).*** Other resorts expanded on the Club Med idea by creating all-inclusive vacations for couples. Still others have focused mainly on the family market.

At present, all-inclusives are concentrated in the Caribbean, the Bahamas, and Bermuda. But the idea may soon spread to other areas.

### What's included

In most instances, packages include: round-trip airfare (from gateway cities), meals, water sports (sailing, water skiing, scuba), sports lessons, rental of equipment, tennis, wine with dinner, entertainment, and beach barbecues, plus all tips, and taxes. Some resorts also throw in unlimited snacks and drinks, golf, language lessons, health clubs, shopping trips, nightly shows, cocktail parties, boat cruises, island excursions, and midnight buffets.

### Do you save money?

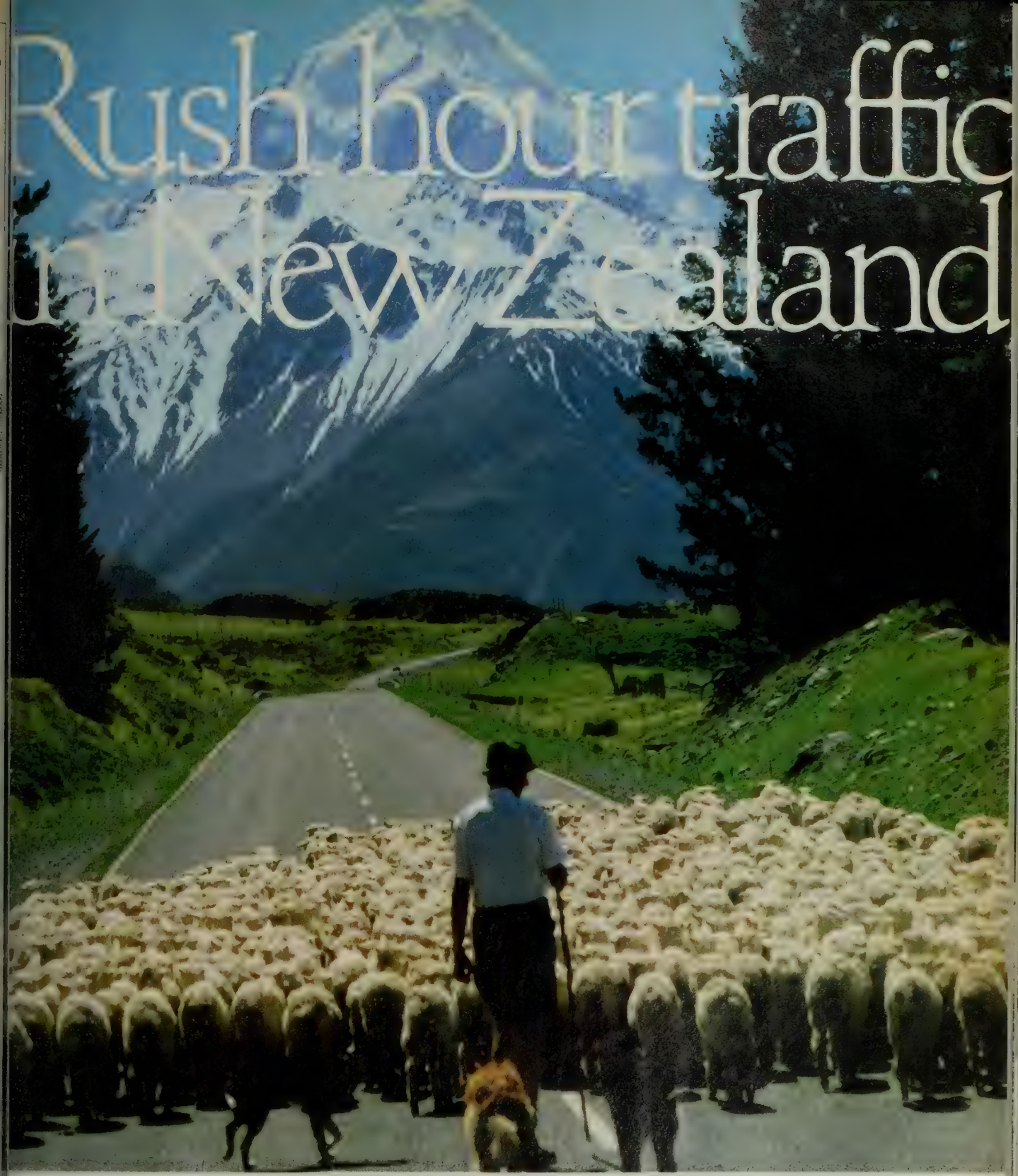
The main benefit of all-inclusive vacations is that expenses can be budgeted before you leave home. Packages cost anywhere from $120 to $220 per person per day, depending on type of accommodations, your departure point, and season. That price is roughly in line with what you'd pay on a cruise.

Whether or not you save money depends on how active your family is. Certainly, if you and the kids want to learn to sail, scuba dive, or water-ski, you'll come out ahead. Equipment rental and instruction costs add up.

You can save in other ways: Those rum drinks that taste oh-so-smooth can put a serious dent in the wallet by the end of the week, and being able to order from a menu without looking at prices is often its own reward.

*continued on page Z9*

*—Tania Grossinger was raised at the well-known Grossinger's resort in New York's Catskill mountains.*




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# ONE-FEE RESORT VACATIONS

*continued from page Z6*

## Where to find one

See a travel agent about these all-inclusive resorts. Or, contact them directly.

## FOR FAMILIES

**NASSAU, THE BAHAMAS**

**Club Paradise.** 100-room, three-story hotel. Water sports and casino. ***Bahamas Ltd., Dept. BHG, 915 NE. 125th St., Miami, FL 33161 (800/321-3000).***

**JAMAICA**

**Carlyle-on-the-Bay.** 50 rooms. Walk to the beach. Children 12 and under, $25 per day, includes daytime nanny service. ***Unique Vacations, 7610 SW. 61st Ave., Dept. BHG, Miami, Fl 33143 (800/327-1991).***

**Boscobel Beach.** Located near Ocho Rios. 121 junior suites accommodate two adults and two children. ***International Lifestyles, Box 534, Dept. BHG, Freeport, NY 11520 (800/858-8009).***

**ARUBA**

**Bushiri Beach Hotel.** Children under 2 free, 3–12 are $15 per day. Children's activities. Glass-bottom boat trip. Midnight buffet. ***Resorts Reservations, 141½ Main St., Dept. BHG, Norwalk, CT 06851 (800/622-7836; in Connecticut call 203/846-4140).***

**DOMINICAN REPUBLIC**

**Jack Tar Village.** Puerto Plata. 240 rooms set up villa style. Children's activities and baby-sitting services (in season). Jack Tar All-Inclusive villages are also located in Montego Bay and Runaway Bay, Jamaica; St. Kitts and Grand Bahama Island; Nuevo Vallarta, near Puerto Vallarta, Mexico ***(800/527-9299).***

**COZUMEL, MEXICO**

**Club Cozumel Caribe.** On Mexico's Caribbean coast. Family suites. Discount for children aged 12 and under. ***Barbachano Tours, 1570 Madruga Ave., Penthouse 1, Dept. BHG, Coral Gables, FL 33146 (800/327-2254).***



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## FOR COUPLES

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**Sandals.** Montego Bay. 234 rooms. Guest and staff shows. 24-hour coffee bar. ***Unique Vacations, 7610 SW. 61st Ave., Dept. BHG, Miami, FL 33143 (800/327-1991).***

**Club Americana.** 325 rooms. Windsurfing and sailing lessons. ***Savoy Resorts, 301 Commerce St., Suite 2200, Dept. BHG, Ft. Worth, TX 76102 (800/223-1588; in New York call 212/661-4540).***

**BERMUDA**

**Harmony Club.** 70 rooms. Free use of motor scooter. ***Trusthouse Forte Hotels, Bldg. 1441, Dept. BHG, JFK International Airport, Jamaica, NY 11430 (800/225-5843).***

**ST. LUCIA**

**Couples.** 100 rooms. Excursions. ***Mars Leisure Corp., 620 Shrewsbury Ave., Dept. BHG, Red Bank, NJ 07701 (800/221-1831; in New Jersey call 201/842-7677).***

**GRENADA**

**Secret Harbor.** 20 suites. Waterfront excursions. ***Grenada Tourist Office, 141 E. 44th St., Suite 701, Dept. BHG, New York, NY 10017 (800/638-0852).***

**ST. MARTIN**

**Club le Grand Beach Resort.** 76 rooms. French lessons. Shopping tour. ***Mars Leisure Corp., 620 Shrewsbury Ave., Dept. BHG, Red Bank, NJ 07701 (800/221-1831; in New Jersey call 201/842-7677).***

**ANTIGUA**

**Pineapple Beach Club.** Informally chic. 56 rooms. Shopping tour. ***International Travel & Resorts, Inc., 25 W. 39th St., Dept. BHG, New York, NY 10018 (800/223-9815).*** BH&G




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# WORK-OF-ART FURNISHINGS

## CLASSIC DESIGNS BY BIG-NAME ARCHITECTS

By Sandra S. Soria

**SOME OF THE WORLD'S GREATEST ARCHITECTS DEVOTED AS MUCH SKILL TO THE FRAMEWORK OF A CHAIR AS TO THE STRUCTURE OF A BUILDING. HAPPILY, AUTHENTIC FURNITURE REPRODUCTIONS ALLOW ANYONE TO BRING HOME THESE MASTERS' PIECES. HERE'S A SAMPLING OF WHAT'S OUT THERE—AND SOME TIPS ON WHERE TO LOOK FOR THE SPECIAL FURNISHINGS.**

### FURNITURE



**ALVAR AALTO** of Finland bent birchwood into original shapes, such as the Scroll chair. $1,336, ICF.



**JOSEF HOFFMANN'S** Haus Koller chair is the model for many a knockoff, and a fashionable example of Viennese design. $2,422, ICF.



**CHARLES RENNIE MACKINTOSH** of Scotland designed the Argyle chair—a real skyscraper—in 1897. $2,530, Atelier.

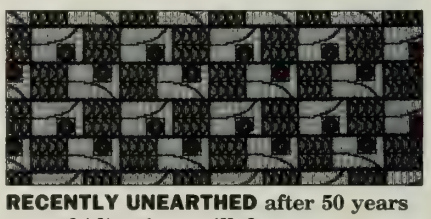


**FRANK LLOYD WRIGHT** could have been inspired by the intricate art of origami for the Taliesin chair. $3,615, Atelier.

### TEXTILES



**LOOKING AS MODERN NOW** as it did when Wright designed it in 1955, the Design 102 fabric has a companion wall covering. $36/yard, Schumacher.



**RECENTLY UNEARTHED** after 50 years spent hiding in a mill drawer, Hoffmann's original sketches inspired Paradis. $118/yard, Unika Vaev.

### BUYING INFORMATION

**To find masters' pieces, contact any of the following:**

- local architects and interior designers
- specialty design stores, such as City in Chicago or The Museum of Modern Art Museum Shop in New York
- office furniture stores
- the manufacturers below:

***Atelier International,*** 3020 Thomson Ave., Center Two, Long Island City, NY 11101, 800/223-5220.

***ICF (and Unika Vaev)***, 305 E. 63rd St., New York, NY 10021.

***Schumacher,*** 79 Madison Ave., New York, NY 10016, 800/423-5881.

***iittala USA,*** 225 Fifth Ave., Showroom 1205, New York, NY 10010.

***George Kovacs,*** 24 W. 40th St., New York, NY 10018.

### ACCESSORIES



**AALTO FOUND HIS DESIGNS** in nature, as evidenced by this amoeba-inspired vase. $68, iittala of Finland.



**LIGHT YEARS FROM VICTORIAN** excess, Hoffmann designed the Villa Spitzer in 1903. $1,492, George Kovacs.



**AALTO'S STACKABLE** birch and laminate stools pull double duty as seating spots or tables. $88, ICF.



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# GOURMET ROAST GOOSE

## EASY AND ELEGANT

By Barbara Greenwood

**YOU MAY ASSIGN ROAST GOOSE TO AN ORDER-IN-A-RESTAURANT-ONLY STATUS, THINKING IT'S TOO DIFFICULT OR MESSY TO PREPARE YOURSELF. BUT, NO LONGER! ENJOY THE DISTINCTIVE FLAVOR OF GOOSE AT HOME BY FOLLOWING OUR SIMPLE STEPS FOR RELEASING AND REMOVING EXCESS FAT.**



SCOTT LITTLE

**LIME-GLAZED ROAST GOOSE WITH KIWI-LIME RELISH—** a classy entrée perfect for a special day dinner.

### LIME-GLAZED ROAST GOOSE WITH KIWI-LIME RELISH

*An exquisite pair! Team tender, juicy goose with this refreshingly sweet yet tart condiment—*

- 3 limes
- 3 firm kiwi fruit, peeled and thinly sliced

• • •

- 1 8- to 10-pound domestic goose

• • •

- ¼ cup honey
- 2 tablespoons margarine *or* butter, melted
- ¼ cup sugar
- ¼ cup chopped pecans

From the limes, use a grater to finely shred *¾ teaspoon* lime peel; set the peel aside. Peel and section the limes over a small mixing bowl to catch the juices; reserve juices.

For relish, coarsely chop lime sections and place in another small mixing bowl; stir in *¼ teaspoon* of the lime peel. Cut kiwi fruit slices into quarters. Gently fold into lime section mixture. Cover and chill.

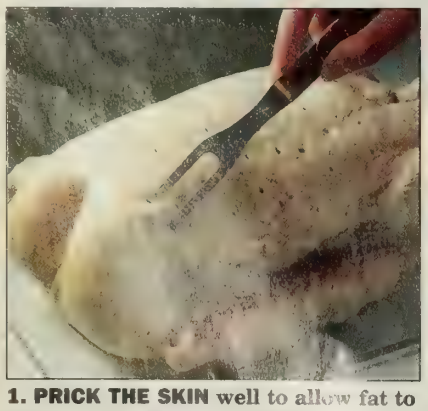
Rinse goose; pat dry with paper towels. Season cavity with salt and pepper. Tuck drumsticks under band of skin across tail. (*Or,* tie drumsticks together with string.) Skewer neck skin to back. Twist wing tips under back. Using a kitchen fork, prick skin of goose all over (see photo 1).

Place goose, breast side up, on a rack in a roasting pan. Insert a meat thermometer in the center of the inside thigh muscle, making sure bulb does not touch bone (see photo 2). Roast, uncovered, in a 350° oven for 2¾ to 3¼ hours or till the thermometer registers 180° to 185°. Several times during roasting, take the pan out of the oven and set it on a heatproof surface. Using a pot holder, tilt the pan so the fat pools in one corner. Suction up fat with a meat baster; empty the fat into a glass measuring cup or a metal can (see photo 3).

While bird roasts, for glaze, stir remaining lime peel, honey, and margarine or butter into reserved lime juices. Brush over goose the last 10 minutes of roasting. When bird is done, remove from the oven. Cover and let stand 15 minutes before carving. To serve, stir sugar and pecans into relish; pass with goose. Makes 10 servings.

***Nutrition information per serving:*** 382 cal., 23 g pro., 18 g carbo., 24 g fat, 89 mg chol., 89 mg sodium. U.S. RDA: 27% vit. C, 18% riboflavin, 20% niacin, 16% iron, 27% phosphorus.

## HOW TO ROAST A GOOSE



**1. PRICK THE SKIN** well to allow fat to escape while the bird roasts.

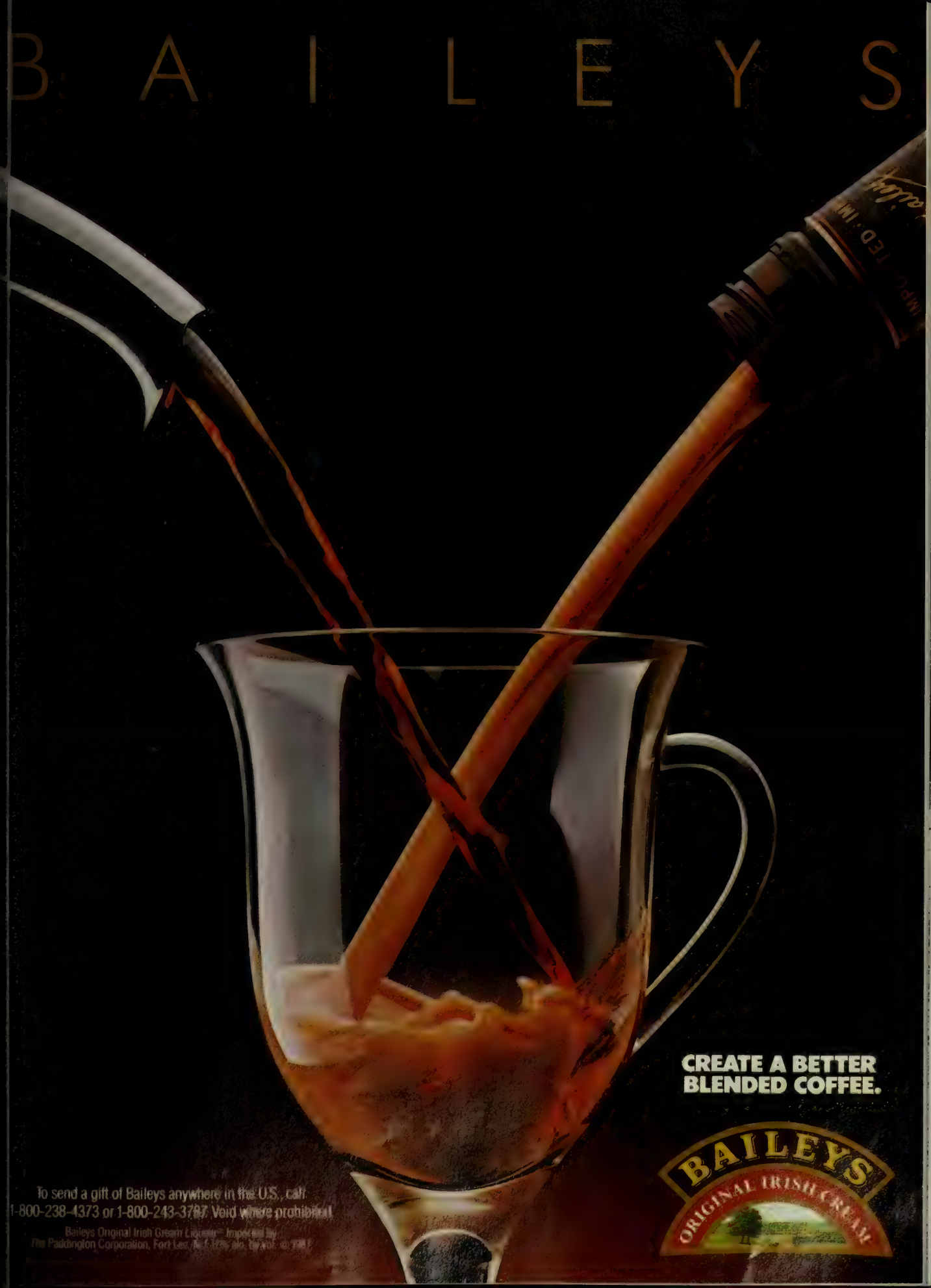


**2. INSERT A MEAT THERMOMETER** in the center of inside thigh muscle.



MIKE DIETER

**3. TO PREVENT SPATTERING** remove fat several times during roasting. BH&G


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Nestlé TOLL HOUSE




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## *Introducing Treasures.™ An Incredibly Rich Chocolate Experience*

### GOLDEN CHOCOLATE TREASURE™ COOKIES

- 1½ c. all-purpose flour
- ¾ tsp. baking soda
- ¾ tsp. salt
- ¾ c. firmly packed brown sugar
- ¾ c. butter, softened
- 1 egg
- ½ tsp. vanilla extract
- One 10-oz. pkg. (1½ c.) Semi-Sweet Chocolate Nestlé® TOLL HOUSE® Treasures™ baking pieces
- 1c. coarsely chopped pecans

Preheat oven to 375°F. In bowl, combine flour, baking soda and salt; set aside. In bowl, beat brown sugar and butter until creamy (3-5 min.). Add egg and vanilla extract; mix well. Gradually blend in flour mixture. Stir in Treasures™ and pecans. Drop by rounded Tbsp. onto ungreased cookie sheets. Bake 8-10 min. Allow to stand 2 min. before removing from cookie sheets; cool completely. Makes about twenty 2½" cookies




### PEARLS 'N' CHOCOLATE COOKIES

- 2¼ c. all-purpose flour
- ⅔ c. Nestlé® Baking Cocoa
- 1 tsp. baking soda
- 1 tsp. salt
- 1⅓ c. butter, softened
- 1 c. sugar
- ⅔ c. firmly packed brown sugar
- 2 tsp. vanilla extract
- 2 eggs
- One 10-oz. pkg. (1½ c.) Premier White Nestlé® TOLL HOUSE® Treasures™ baking pieces

Preheat oven to 350°F. In bowl, combine flour, cocoa, baking soda and salt; set aside. In bowl, beat butter, sugar, brown sugar and vanilla extract until creamy. Add eggs, one at a time, beating well after each. Gradually add flour mixture. Stir in Treasures™ Drop by rounded Tbsp. onto ungreased cookie sheets. Bake 9-10 min. Allow to stand 2 min. before removing from cookie sheets; cool completely. Makes about 2½ doz. 3" cookies.



# A NEW-AGE KITCHEN

## UPDATED WITH GLASS, BRASS, AND CLASS

By Kristie Alley

**A 10-FOOT ROOM EXTENSION, GRACED WITH A LUXURIOUS VIEW OF THE FORESTED BACKYARD, SPEARHEADS THIS FIRST-RATE KITCHEN REDESIGN.**

### ANGLED PENINSULA AND SKYLIGHTS

Working with 150 square feet of added space, the homeowners gave their small kitchen and dining area a new lease on life. They placed their formal dining table under the skylights and expanded the kitchen to twice its former size. A long, angled peninsula houses the sink, cooktop, and dishwasher, and also provides a bonus—an informal eating counter. The solid wood door near the dining table (*below*) opens to a deck.



**A DOGLEG PENINSULA** divides the kitchen from the dining area, but permits a grand view of the wooded yard.

PHOTOGRAPHS, RICK TAYLOR DESIGN, MYRNA PLYMYER FIELD EDITOR, RUTH L. REITER

### FORMAL DINING WITH A VIEW

The lush backyard woods keeps the new dining area fully shaded in summer, and two casement windows—one on each side—open for ventilation when needed. In winter, when the sun penetrates the room, the tile floor stores extra solar heat. All windows are double paned.

### ENLARGED WORK AREA

New cabinets with brass trim and built-in appliances create a sleek, rich look, and an antique armoir (*left*) adds warmth. The door by the refrigerator (*below*) leads to a walk-in pantry, which also provides access to and from the garage.



**A FORMAL DINING TABLE** basks in the sunlit space gained by bumping out the southeast wall.



**THE ENLARGED KITCHEN** features custom cabinets, brass accents, and a walk-in pantry with an etched-glass door.



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*(Makes 24 to 36 bars)*

**½ cup margarine or butter**
**1½ cups graham cracker crumbs**
**1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
**1 (6-ounce) package semi-sweet chocolate chips**
**1 (3½-ounce) can flaked coconut (1⅓ cups)**
**1 cup chopped nuts**

Preheat oven to 350° (325° for glass dish). In 13x9-inch baking pan, melt margarine in oven. Sprinkle crumbs over margarine; pour sweetened condensed milk evenly over crumbs. Top with remaining ingredients; press down. Bake 25 to 30 minutes or until lightly browned. Cool. Chill if desired. Cut into bars. Store loosely covered at room temperature.

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BORDEN



# ADDING ON!

## THREE BETTER HOMES AND GARDENS FAMILIES REMODEL

By Gregory D. Cook

### MAKING A SMALL HOUSE LIVABLE



Building Editor Greg Cook and family.

THE COOKS: "We bought our little split-foyer for the neighborhood. The house itself was barely big enough for a family of five, and we knew from the start we'd have to add on."



PERRY STRUSE

### OPENING UP A TINY KITCHEN



Editorial Director Doris Eby and architect Tom Baldwin.

DORIS EBY: "When buying my home, I worried about the kitchen. It had nearly new appliances and good storage, but the room was tiny, hardly the dream of someone who likes to cook."



GEORGE CEOLLA

### CREATING A FAMILY FOCAL POINT



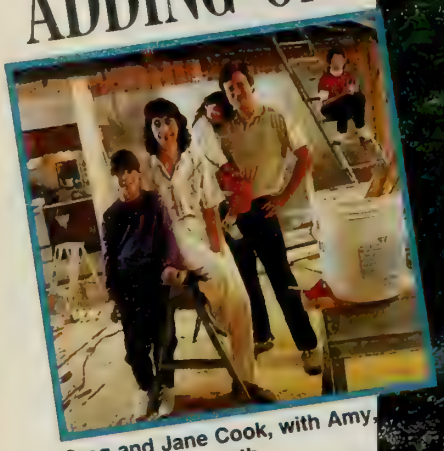
Art Director Brad Hong and family.

THE HONGS: "Being a dual-income family, we're separated all day long. When we finally get home, we want to be together. Now, whether we're cooking, cleaning up, or relaxing, we have the perfect family place."



PERRY STRUSE

# ADDING ON!



Greg and Jane Cook, with Amy, Mary, and Elizabeth.

# MAKING A SMALL HOUSE LIVABLE



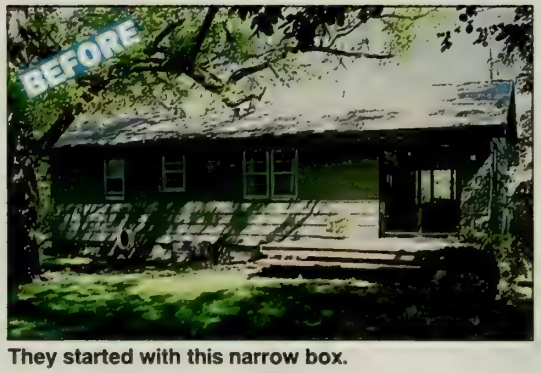
The Cooks' addition leaves more than enough backyard for play. Be careful, puppy dog!

PHOTOGRAPHS, PERRY STRUSE. BUILDER: LARRY DRAUGHN. FIELD EDITOR: JILL MEAD

The Cooks' biggest problem was lack of space—the home's 1,400 square feet hardly served their needs. The remodeling added 400 square feet to the living level. Under the addition, a basement adds even more space (see "What They Gained," *right*).

A contractor coordinated the excavation, block work, and framing. With a little help from their friends, Greg and Jane roofed the house and addition, installed the insulation and drywall, did all the finish trim, and built the deck. The job took a year. Total cost: about $38,000.

**BUYING INFORMATION, PAGE 163.**

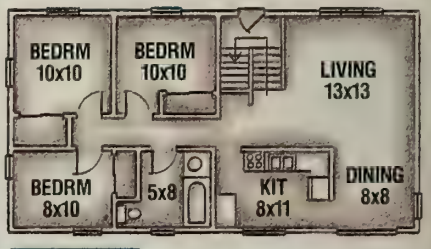



They started with this narrow box.

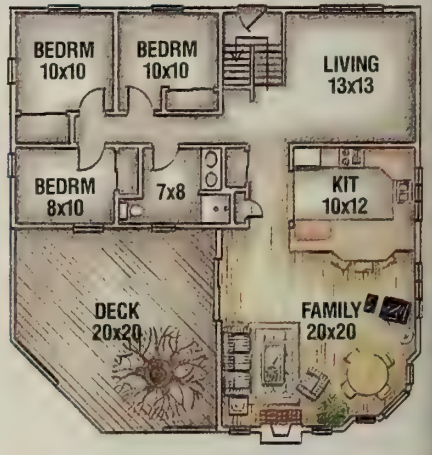
## WHAT THEY GAINED

- **NEW FAMILY ROOM**
  Building 20 feet into the backyard, the Cooks extended the house to a gable end with one diagonal corner.
- **NEW KITCHEN**
  They moved the kitchen to open the view to the new family room.
- **NEW BASEMENT**
  A full basement under the addition serves as a workshop.
- **NEW DECK**
  Outside, a cedar deck fills in the L.
- **ENLARGED FIRST-FLOOR BATH**
  Reshuffling made it possible to add 2 feet to the width of the bath.

**BEFORE**




**AFTER**




FLOORPLANS: CARSON ODE

## ▲ REALIZED POTENTIAL

Before, a too-small kitchen was isolated at the back of the house. Now, the kitchen/family room adds space.





## ▲ THE COOKS AND THEIR KITCHEN

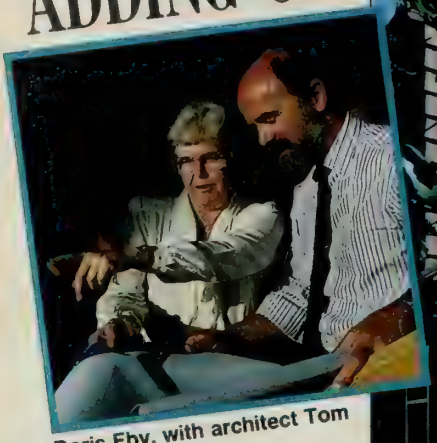
New space, new appliances, and room to move around are a dream come true! The relocated kitchen replaces the old L-shape dining area, and everything on the family room side is added on.

## ◀ FAMILY FUN IN THE NEW ROOM

The hardwood floor, a new fireplace, and wraparound windows create a comfortable setting. Ample insulation in 2×6 walls and high-quality windows with low-emissivity glass keep everyone warm in winter.

**FOR MORE INFORMATION ABOUT THE COSTS OF OUR ADDITIONS, SEE PAGE 173.**

# ADDING ON!



Doris Eby, with architect Tom Baldwin.

# OPENING UP A TINY KITCHEN



New and old meld neatly, creating a seamless look that was a major goal for Doris.

PHOTOGRAPHS: GEORGE CEOLLA. ARCHITECT: THOMAS BALDWIN, AIA. BUILDER: TONY LISAC. FIELD EDITOR: JILL MEAD

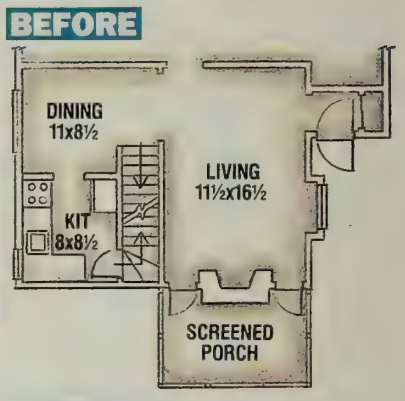
Like so many remodelings, Doris' evolved far beyond the original notion. What began as an idea to build a little greenhouse evolved into a two-story extension that improves the kitchen and provides new living space on both levels. The final plan (see before/after drawings, *right*) produced needed space and light in the kitchen and a small sitting room with its ceiling open to the second floor.

The work took six months from the time Doris first contacted the architect through finished construction. Total cost: about $31,000.

BUYING INFORMATION, PAGE 163.

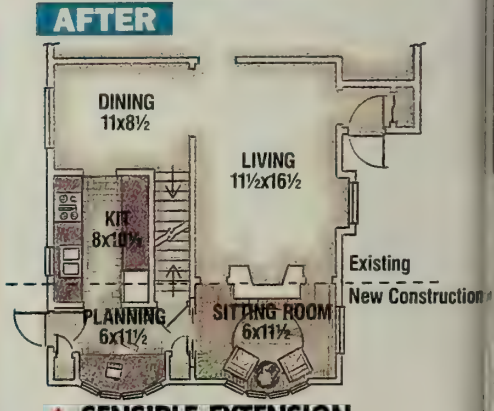



She built onto this existing gable end.




## WHAT SHE GAINED

- **NEW SPACE**
  Doris enjoys an additional 8 feet of indoor living space beyond the original extent of the house.
- **REMODELED KITCHEN**
  The corridor kitchen retains some appliances; new are the cabinetry and a handy planning center nestled in a bow window at the end.
- **NEW SITTING ROOM**
  Built on the existing foundation under the old screened porch, the sitting room provides an indoor parlor next to the kitchen and a matching bow window.




## SENSIBLE EXTENSION

Originally, the house ended in line with the living room. Now, bonus space adds to livability.



The old kitchen: not impossible, but small. It was short on light and lacked direct access to the garage.



## ▲ FREEING UP LOCKED-IN SPACE

Uncapping the end of Doris' old blocked-off kitchen turns cramped into comfortable. The bump-out and bow window let the light into a kitchen with a more convenient layout and more storage.

## ◀ FAMILY ROOM FOR A SINGLE PERSON

Here's a sunny spot to sit and visit with a neighbor. Located at the end of the living room and beside the kitchen (see plans, *opposite*), the sitting room provides a small-scale gathering spot.

**FOR MORE INFORMATION ABOUT THE COSTS OF OUR ADDITIONS, SEE PAGE 173.**

# ADDING ON!



Brad and Anne Hong, with Aimee and Fielding.

# CREATING A FAMILY FOCAL POINT



PHOTOS: PERRY STRUSE. ARCHITECT: DAVID WOOD, AIA, AND JUDY McCLURE, AIA. BUILDER: ROLLENHAGEN CONSTRUCTION

The 15×15-foot addition is scaled to complement the original Cape Cod.

The Hongs' Cape Cod-style house had fallen into general disrepair when they bought it five years ago. But because they purchased in a desirable neighborhood at a below-market price, they could afford to fix up and add on.

Before remodeling, the separate dining room isolated the cook during meal preparation (see plan, *right*). Now, guests can gather around the island. In everyday use, the island facilitates conversation between the kitchen and family room.

The Hongs' addition cost about $35,000.

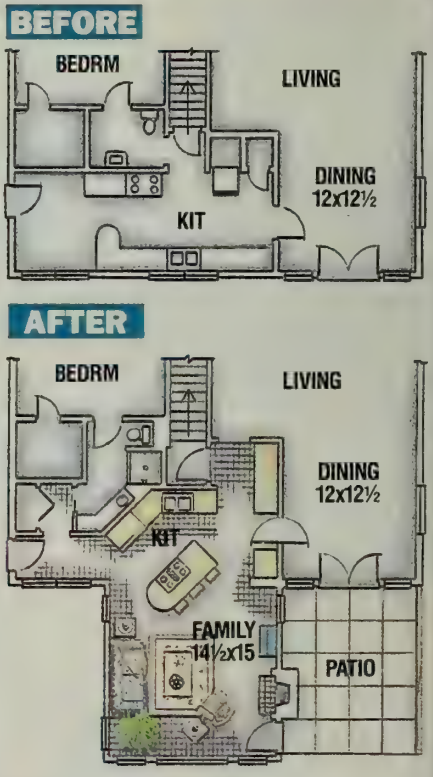
**BUYING INFORMATION, PAGE 163.**




They added on to the back of the house.

## WHAT THEY GAINED

- **NEW KITCHEN**
  It all began with the kitchen; the Hongs wanted to rework the layout, replace the painted-wood cabinets, and modernize with new appliances.
- **NEW FAMILY ROOM**
  The south-facing room gathers lots of light. Built over an insulated crawl space, the addition keeps warm with a wood-burning stove.
- **MASTER BATH**
  The remodeling included enlarging the bathroom behind the kitchen so it would suit future plans for an adjacent master bedroom.




## CREATIVE PLAN

The previous layout blocked connections between rooms. Letting spaces flow together in the new floor plan encourages family togetherness.





FIELD EDITOR: JILL MEAD

## ▲ THE HEART OF THE HOME

Now that the kitchen and family living spaces are so close together, everyone feels a part of the action. The angled island sets off the food preparation area from the family room. Easy-on-the-eye pastel colors softly highlight architectural details.

## ◀ HIGH-STYLE FAMILY SPACE

The Hongs' addition proves that a family room can boast the best in style. Elements that make it work: ceramic tile floor, mullioned windows, wall sconces, and a built-in wood stove. The accessories accent the room's character.

**TO FIND OUT MORE ABOUT THE COSTS OF OUR ADDITIONS, SEE PAGE 173.**

# DECORATING Q&A

## EASY SOLUTIONS TO COMMON PROBLEMS

By Denise L. Caringer

**QUESTION:** **What can I do with big bare walls? I'm tired of my old picture arrangement.**



SCOTT LITTLE

**ANSWER:** **Frame a grouping with molding.**

● Pow! A blazing rim of red-lacquered molding turns a mishmash of kiddie artwork into a dynamite kitchen accent. Adapt the idea in a family room by fencing that wandering group of prints or photos with painted or stained trim. The wall becomes the "mat."

PHOTOGRAPH: BARBARA MARTIN. DESIGN: RUTH TEMPEL TOUHILL. FIELD EDITOR: MARY ANNE THOMSON

**ANSWER:** **Add character with architectural artifacts.**

● A plain, flat wall? Not anymore! Antique elmwood doors from a salvage shop zigzag their way to decorating stardom, adding depth and drama to this living room. Recycled columns and classic furnishings enhance the aura of antiquity.



PHOTOGRAPH: LAURIE BLACK, ROSLYN BANISH/ARX. DESIGN: REBECCA BRADLEY
FIELD EDITOR: BARBARA CATHCART




## ANSWER:

### Dramatize with oversize artwork.

● Be bold! Wake up that tired wall with one great accent—a painting, a quilt, a poster. This dining spot gets a charge out of the bright, graphic painting. A color-keyed neon café sign and a sculptural, cantilevered table play up a look that is casual—yet confident.

## QUESTION: How can I create a home work spot if I don't have a room to spare?



## ANSWER: Build your room around your office.

Don't fight it! Embrace your office. Shelves and a sculptural desk wrap this living room in function and good design. Blending smoothly into the walls, Formica built-ins stow office gear, as well as a TV and other paraphernalia of family life. Bonus: the floor-to-ceiling units lend stature and bookish character to an otherwise dull space.



PHOTOGRAPH: MARIS/SEMEL. DESIGN: CLAUDIA SARGENT. FIELD EDITOR: ESTELLE GURALNICK

## ANSWER: Steal a snippet of leftover space.

Carve an office out of the end of a room with a handsome desk and some new shelves. To create a subtle boundary line, arrange your seating group so that it turns its back on the desk area. When not needed for "homework," this desk—a worktop placed on sleek red file cabinets—puts in overtime as a bar or a buffet.

## ANSWER: Organize a tabletop or counter.

Today's proliferating desktop organizers make it easy to turn any table, even a bit of counter space, into a mini office. Besides their practicality, the units' sleek shapes and great colors, from pastels to primaries, mean you don't have to put them under wraps when company comes.



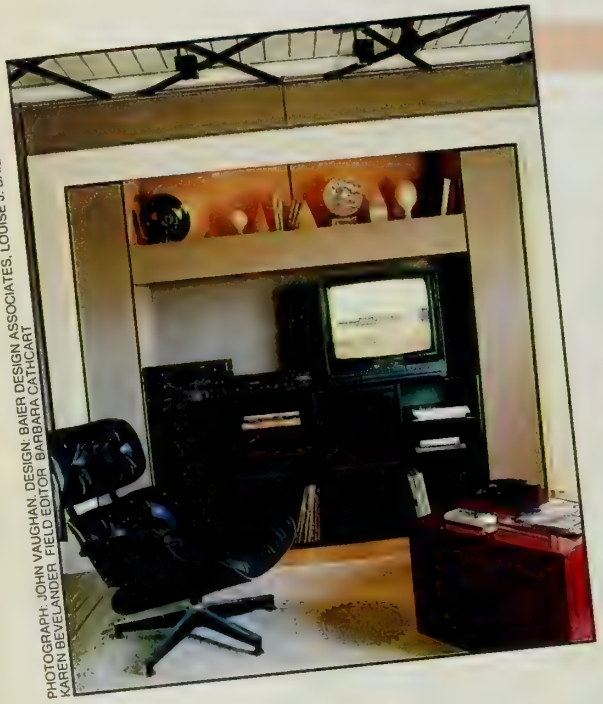
SCOTT LITTLE

PHOTOGRAPHS: MARIS/SEMEL. DESIGN: MICHAEL HASKINS. DESIGN SPONSORS: FORMICA, ANSO V WORRY-FREE CARPET. FIELD EDITOR: BONNIE MAHARAM



# DECORATING Q&A

## QUESTION: Where can I put electronics?



PHOTOGRAPH: JOHN VAUGHAN. DESIGN: BAIER DESIGN ASSOCIATES, LOUISE J. BAIER AND KAREN BEVELANDER. FIELD EDITOR: BARBARA CATHCART

## ANSWER: Stack cubes in a niche.

● It's true! It *is* hip to be square—especially when it comes to creating electronics hideaways. Stack ready-made cubes in a former closet or a niche to corral all the regulation gear in a modicum of space. Fabric-covered walls soften the look—and the sound.

## ANSWER: Use a vintage camouflage.

● If sharp, techy edges are slicing into your romantic decor, tuck your TV or stereo into an appropriately aged cabinet or armoire. Betrayed only by its blinking lights, this stowaway stereo leaves the top free for a nostalgic reunion of family photos. What about speakers? Slide small to midsize units into or under large baskets, then top with dried flowers.




PHOTOGRAPH: LAURIE BLACK. ROSLYN BANISH/ARX DESIGN: REBECCA BRADLEY. FIELD EDITOR: BARBARA CATHCART

## ANSWER: Wrap an alcove with seating-storage units.

● Give the kids (or yourself!) an away-from-it-all place to crank up the volume on those videos without disturbing the family. Built-ins line this basement nook with plenty of seating and TV-VCR storage space. Under-seat drawers hold tapes and toys.

PHOTOGRAPH: D. RANDOLPH FOULDS. DESIGN: CONNIE DRISCOLL. FIELD EDITOR: ESTELLE GURALNICK



**BUYING INFORMATION, PAGE 163.**


ATERMELON
ITRULLUS VULGARIS

# GARAGE WALL WORKSHOP

## HOW TO ADD STORAGE AND WORKBENCHES TO YOUR GARAGE AND STILL LEAVE ROOM FOR CARS

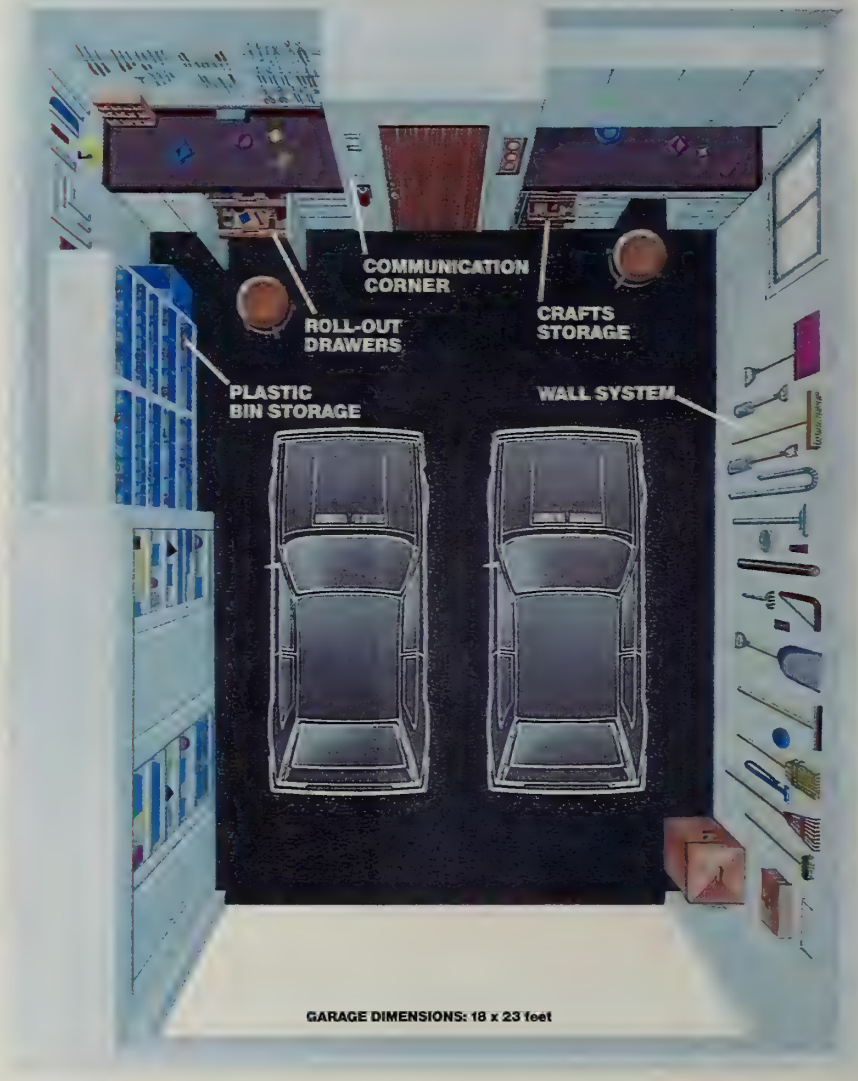
By Gregory D. Cook



*"Our two-car garage is really quite narrow, so we organized it with storage and workbenches squeezed against the walls. There's no dead space with slim, adjustable shelving, and Peg-Board makes efficient use of space."*
**—Dave Napier**



*"The crafts I like involve numerous small supplies, such as pinecones, shells, and mosses. Before, everything overflowed a small desk in the den. My new crafts center is full of slots, bins, and drawers for tools and supplies."*
**—Fran Napier**




GARAGE DIMENSIONS: 18 x 23 feet

JIM BUCKELS

### HOME SWEET GARAGE

Open the door of Dave and Fran Napier's garage and you'll find a lot more than two cars. Dave's tidy tool bench and Fran's crafts center provide each of them a special base of operations. The floor plan (*right*) shows how they wrapped the walls of their 18×23-foot garage with storage and work spaces.

**For buying information to help you create your own garage workshop turn to page 163.**



**ROLL-OUT DRAWERS.** Take a tip from the kitchen: install full-extension drawers for tool storage. Dave even stores the vise and grinder when they're not in use.



**PULL-DOWN STEPS.** Capitalize on under-rafter space: create a mini-attic for storage. Pull-down steps unfold from above to provide easy access.

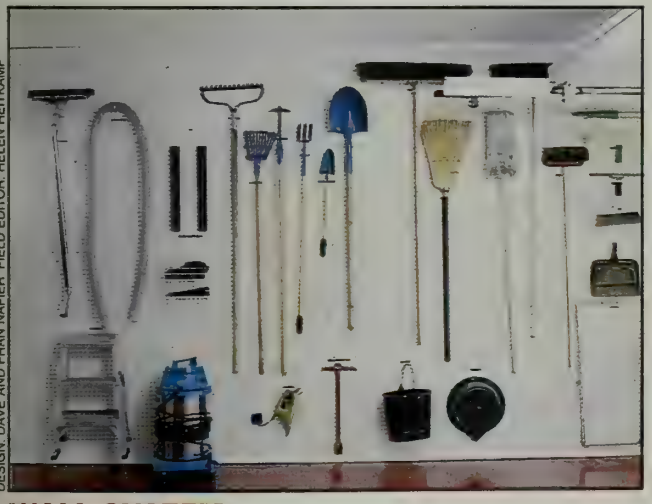


**PLASTIC BIN STORAGE.** You could stock a home hardware store in these inexpensive bins! The supporting framework is simply steel shelving bolted to the wall.



**CRAFTS STORAGE.** Fran found an antique cabinet with clear-front bins to display the natural materials she uses for crafts. The vertical storage slot holds mat board for framing.

PHOTOGRAPHS: LAURIE BLACK/ROSLYN BANISH



**WALL SYSTEM.** Hang large-hole Peg-Board to store garden tools. To keep the hooks from pulling out, Dave installed painted electrical staples over the prongs.



**COMMUNICATION CORNER.** With a garage phone and home intercom, you can keep in touch while you work. Magnetic bars mounted above the workbench grab metal tools.

DESIGN: DAVE AND FRAN NAPIER FIELD EDITOR: HELEN HEITKAMP

# THE ULTIMATE BATH

## A PRIVATE RETREAT FOR MOM AND DAD

By Barbara A. Lewis

**Enter the private refuge of our master bath and leave daily cares and hassles behind. Inside, you will find a bevy of ideas—both practical and pretty. Select from among them to create your own landscape of pleasure.**

*Better Homes and Gardens®* joined forces with Eljer Plumbingware and *Professional Builder* magazine to create a room that shows the latest trends in master bath design. Architect Arthur Danielian and Interior Designer Beverly Trupp gave inspired shape to our ideas.



PHOTOGRAPHS: HEDRICH/BLESSING

### A WORLD APART

Arched doorways, shaped niches, and a dramatic cove ceiling spark our master bath with architectural punch. The effect bespeaks high style.

### LIFESTYLE AMENITIES

- **SELF-CONTAINED RETREAT** provides rest and relaxation for hardworking adults.
- **SEPARATE BUT EQUAL VANITIES** make it easy for two busy adults to get ready and off to work in the morning.
- **GREENHOUSE WINDOWS,** arching above lush tropical plantings, bathe the room with natural light and warmth.
- **FABULOUS LIGHTING**—from natural to neon—highlights dramatic architecture and creates a medley of moods from no-nonsense to romantic.
- **RICH MIX OF MATERIALS**—faux granite laminate, beechwood decking, textured wallpaper, and opalescent tile—combine to give a strikingly textured overall effect.

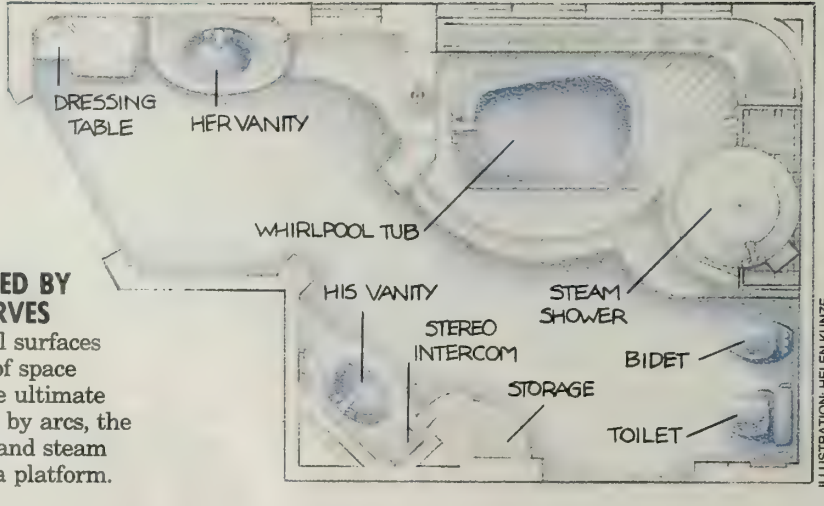



ILLUSTRATION: HELEN KUNZE

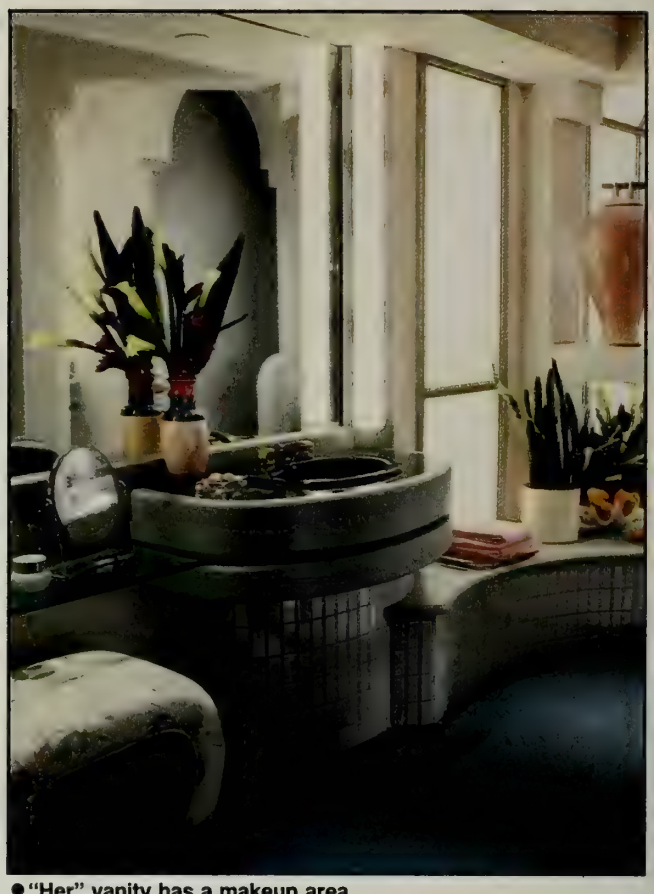
### ANGLES TAMED BY SINUOUS CURVES

Curving wall surfaces ease the flow of space throughout the ultimate bath. Outlined by arcs, the whirlpool tub and steam shower share a platform.

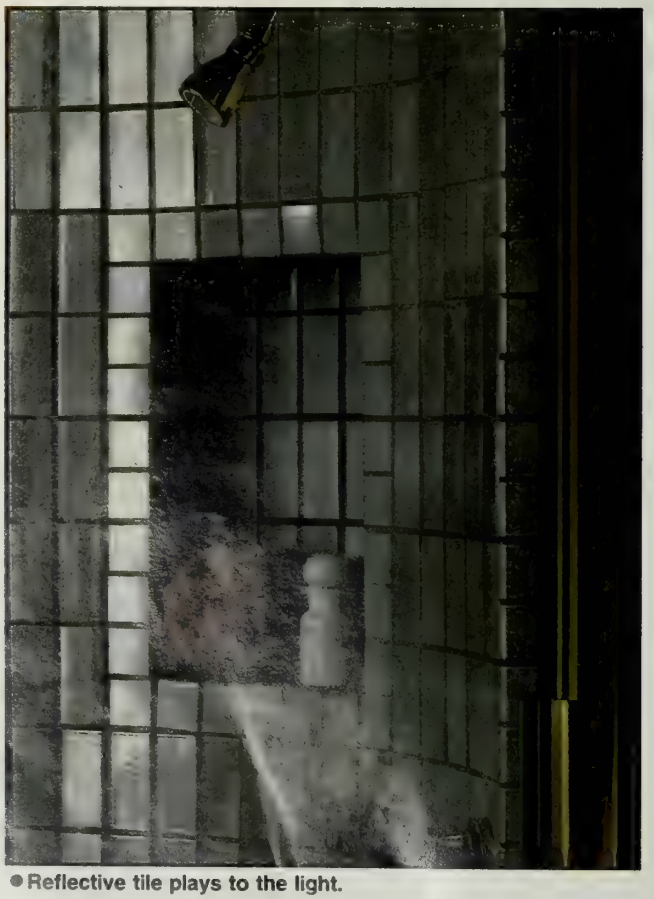




● "His" vanity is higher than the norm.



● "Her" vanity has a makeup area.



● Reflective tile plays to the light.

# THE ULTIMATE BATH

## SEPARATE-BUT-EQUAL VANITIES

His vanity (*above left*) measures a custom 36 inches high. Close at hand is a high-tech intercom and stereo. The six ceiling-mounted speakers provide wraparound sound. Her vanity, equipped with an in-wall hair dryer, is convenient to a double walk-in closet.

Recessed ceiling lights and the double row of makeup lights flanking the mirrors above both vanities are hooked up to dimmers.

## OPALESCENT TILE

Shimmering green-tone tile comes alive inside the curving shower. The glaze fires a little differently on each tile—creating lavender, silver, pinkish, and even lemony yellow highlights.

The recessed shower niche is tailor-made for shampoo, sponges, and other bathing accessories. The shower is fully enclosed to keep steam in.

## SANCTUARY FOR BUSY ADULTS

Dramatically backlighted with neon tubes, a single course of glass block outlines the base of the bathing platform. Beechwood decking has been specially treated to repel moisture.

On an electrically heated towel rod, toasty warm towels hang within easy reach of the whirlpool bath and steam shower.

**For buying information, see page 163.**



# MIX & MATCH

## GUIDELINES TO GETTING THAT ONE-OF-A-KIND LOOK

By Jim Williams and Jilann Severson

**Break the rules! Today's hot table setters mix old with new, florals with geometrics, and plain with fancy. Use our guidelines and see how simple it is.**

Traditional dinner plate

Country-style salad plate

Floral saucer

Oriental cream soup bowl

New stemware

Antique cup and saucer

Napkin and flatware

### PULL IT OFF WITH PIZZAZZ

- **Mix old with new**
  Flea-market finds and odd-lot pieces lend personality to store-bought basics. No need to buy all new—just add to what you have.
- **Collect in one theme or color**
  We used similar shades of blue, but you could choose any other color, old-fashioned florals, or bright geometric patterns in a variety of colors.
- **Keep scale similar**
  For best effect, balance the size and visual weight of the patterns; dainty little designs will get lost among overpowering patterns.
- **Add a dash of color**
  Coral accents softly set off the stacks of blue and white dishes, but we could have used yellow, red, or all white for a totally different look.

**BUYING INFORMATION, PAGE 163.**

PERRY STRUSE



# FOR BUSY FAMILIES




SUSAN SCHELLING

# GOOD•FOR•YOU MEALS... FAST!

## (30 MINUTES OR LESS)

By Lynn Phelps

- GREAT TASTING!
- LOW IN FAT AND CHOLESTEROL!
- LOW IN CALORIES AND SODIUM!
- LOADED WITH FIBER, VITAMINS, AND MINERALS!



PHOTOGRAPHS: GARRICK PETERSON; FOOD STYLIST: PAT GOOSTED



Choose lean cuts of meat and trim away any fat you can. For each chop, trimming fat saves about 20 g fat.

### MUSTARD-ORANGE PORK CHOPS WITH STIR-FRIED ONIONS

● Classy and only four ingredients! The marmalade-glazed pork chops quick-cook in 15 minutes under the broiler. Watch the excess fat drip away! Serve them with crisp stir-fried green onions.

### NUTRITION INFORMATION

**Per serving**

| | | | |
|---|---|---|---|
| **Calories** | 316 | **Fat** | 10 g |
| **Cholesterol** | 83 mg | **Sodium** | 292 mg |
| **Carbohydrate** | 28 g | **Fiber** | 2 g |
| **Protein** | 29 g | | |

RECIPES BEGIN ON PAGE 137.





Cook fish without added fat by using your microwave oven. For evenly done fish, center the sole-filled custard cups in your oven.

## MICROWAVE SPINACH-STUFFED SOLE

● The tasty stuffing made from frozen chopped spinach, cottage cheese, and a hint of cocktail sauce goes together in a jiff. Tuck it inside the sole fillets; then micro-cook. Your meal-in-a-cup is done in 25 minutes.

### NUTRITION INFORMATION

Per serving

| | | | |
|---|---|---|---|
| Calories | 178 | Fat | 4 g |
| Cholesterol | 41 mg | Sodium | 475 mg |
| Carbohydrate | 12 g | Fiber | 2 g |
| Protein | 23 g | | |





Rely on spicy flavors instead of salt to season food. Sprinkle a cumin-pepper blend onto the turkey tenderloins for sit-up-and-take-notice flavor.

## TEX-MEX TURKEY TENDERLOINS

● More than ever, turkey cuts fill butchers' counters. They cost a little more compared to some meats but are good for you and cook quickly. Just season the turkey, sauté in a dab of margarine, and serve.

### NUTRITION INFORMATION

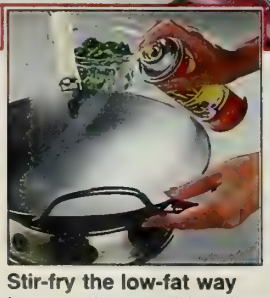
Per serving

| | | | |
|---|---|---|---|
| Calories | 180 | Fat | 4 g |
| Cholesterol | 71 mg | Sodium | 82 mg |
| Carbohydrate | 10 g | Fiber | 1 g |
| Protein | 27 g | | |



# GOOD-FOR-YOU MAIN DISHES. . . FAST!





Stir-fry the low-fat way by spraying a cold wok with nonstick spray coating. During cooking, add a scant tablespoon of cooking oil as needed to prevent the food from sticking.

## PEPPERED BEEF AND ASPARAGUS

• Sodium-reduced soy sauce, plenty of fresh vegetables, and thinly sliced lean beef—they all add up to a good-for-your-family, one-dish meal that's ready in 25 minutes! Make it a weekly favorite at your house!

### NUTRITION INFORMATION

Per serving

| | | | |
|---|---|---|---|
| Calories | 196 | Fat | 9 g |
| Cholesterol | 52 mg | Sodium | 880 mg |
| Carbohydrate | 8 g | Fiber | 2 g |
| Protein | 21 g | | |





Vegetables add fiber and vitamins to your family's diet, especially if they're cooked just till crisp-tender in a minimum of water. And, use the nutrient-rich cooking liquid to make a sauce.

## VEAL CHOPS WITH VEGETABLE SAUCE

• Frozen already-chopped vegetables and bottled minced garlic streamline preparation time in this skillet meal. Serve with sliced crusty bread to soak up the savory juices.

### NUTRITION INFORMATION

Per serving

| | | | |
|---|---|---|---|
| Calories | 272 | Fat | 14 g |
| Cholesterol | 85 mg | Sodium | 236 mg |
| Carbohydrate | 10 g | Fiber | 4 g |
| Protein | 25 g | | |

RECIPES BEGIN ON PAGE 143.





Instead of frying in oil, poach poultry in broth or fruit juices. The chicken breasts take up lots of flavor, not fat (alias unwanted calories).

## CHICKEN WITH WALDORF SAUCE

● Your butcher does part of the work when you buy chicken breasts with the skin and bones removed. He'll save you at least 10 minutes, which you can put to good use cutting up the apples and celery for the fresh-tasting sauce.

### NUTRITION INFORMATION

Per serving

| | | | |
|---|---|---|---|
| Calories | 223 | Fat | 7 g |
| Cholesterol | 76 mg | Sodium | 128 mg |
| Carbohydrate | 15 g | Fiber | 1 g |
| Protein | 25 g | | |





Stir-fry the cholesterol-fighting scallops just till opaque. (Scallops as well as certain other fish and seafood contain omega-3 fatty acids, which appear to lower blood cholesterol levels.)

## SCALLOP AND ARTICHOKE STIR-FRY

● Dinnertime can be a hectic, stressful time, so do some of the work ahead. When you prepare a stir-fried meal, most of the ingredients can be cut up in the morning or the night before.

### NUTRITION INFORMATION

Per serving

| | | | |
|---|---|---|---|
| Calories | 269 | Fat | 4 g |
| Cholesterol | 40 mg | Sodium | 413 mg |
| Carbohydrate | 36 g | Fiber | 6 g |
| Protein | 23 g | | |



# GOOD-FOR-YOU DESSERTS. . . *FAST!*





Gently warm peaches and bananas in the honey-lime mixture so the fruits don't overcook and get mushy. Serve over frozen yogurt.

## HONEY-LIME FRUIT WITH FROZEN YOGURT

● Yield to temptation without regret. Instead of hot fudge, hot fruit! Instead of ice cream, frozen yogurt! In less than 20 minutes you can make this gorgeous dessert for family or health-conscious friends.

### NUTRITION INFORMATION

**Per serving**

| | | | |
|---|---|---|---|
| Calories | 334 | Fat | 14 g |
| Cholesterol | 8 mg | Sodium | 173 mg |
| Carbohydrate | 51 g | Fiber | 5 g |
| Protein | 5 g | | |





Drop mounds of egg-white meringue into boiling water; cook in water till firm. The cholesterol-free fluffy meringues take just 5 minutes to cook.

## FRUITED FLOATING ISLANDS

● Nutrition-conscious cooks know that the best dessert around is fruit. Frozen mixed fruits, simmered into a warm sauce, make a quick addition to the sweet poached meringue.

### NUTRITION INFORMATION

**Per serving**

| | | | |
|---|---|---|---|
| Calories | 161 | Fat | 1 g |
| Cholesterol | 0 mg | Sodium | 28 mg |
| Carbohydrate | 36 g | Fiber | 1 g |
| Protein | 3 g | | |

**BUYING INFORMATION, PAGE 163.**
**RECIPES BEGIN ON PAGE 152.**

© 1988 Campbell Soup Company

# QUICK SAUCES MADE WITH CAMPBELL'S®. NO GOOFS, NO GUESSWORK, NO KIDDING!

## CREAMY HOLLANDAISE MICROWAVABLE

1 can Campbell's cream of chicken soup
3 egg yolks
2 tbsp. lemon juice
⅛ tsp. dry mustard
Dash pepper
½ cup butter, melted




1. In covered blender, blend soup, egg yolks, lemon juice, dry mustard and pepper until smooth. With blender running, gradually add butter in a steady stream. Blend 3 min.
2. Pour into saucepan, heat over low heat, stirring often (do not boil). Or, in 1-qt. microwave-safe casserole, microwave, uncovered, on HIGH 2 min. or until hot, stirring twice. Serve over vegetables, eggs or fish. Makes 2 cups.

## NACHO SAUCE MICROWAVABLE

1 can Campbell's nacho cheese soup/dip
¼ cup milk

In saucepan, stir soup and milk. Heat, stirring often. Or, in 1-qt. microwave-safe casserole, stir soup and milk. Microwave, uncovered, on HIGH 2½ min. or until hot, stirring once. Serve over potatoes. Garnish with chopped green onions if desired. Makes 1½ cups.




AT THE BOTTOM OF IT ALL, SOUP MAKES GOOD FOOD.




FOOD

# NUTRITION INFORMATION

## HOW TO MAKE IT WORK FOR YOU

### EVERY RECIPE ANALYZED

● With each recipe we give important nutrition information. The calorie count of individual servings and the amount, in grams, of protein, fat, carbohydrate, cholesterol, sodium, potassium, and dietary fiber help you keep tabs on what you eat.

● Also, you can check the vitamin and mineral levels contained in an individual serving of each recipe. These vitamins and minerals are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended daily amounts. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

### HOW WE ANALYZE

● When ingredient options appear in a recipe's ingredient list, we use the first ingredient choice for figuring the nutrition analysis.

● We use the first serving size listed and omit optional ingredients from the nutrition analysis.

### WHAT YOU NEED

Use our analyses to chart the nutritional value of the foods you eat. These guidelines are based on daily needs of moderately active females, 23 to 50 years old (in general, males and teens need more calories):

**calories—2,000**
**protein—45 to 65 grams**
**fat—67 grams**
**cholesterol—300 milligrams**
**sodium—1,100 to 3,300 milligrams**
**fiber—25 to 30 grams**

There's no real harm in going over or under these figures in any single day, but aim for a balanced diet overall.

*continued from page 134*

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## FOR BUSY FAMILIES!



# GOOD-FOR-YOU MEALS . . . FAST!

*(Pictured on pages 128–134.)*

**MAIN DISHES**
*(Pictured on pages 128–131.)*

### MUSTARD-ORANGE PORK CHOPS WITH STIR-FRIED ONIONS

*Serve with cooked green beans and cherry tomatoes. For a special look (as shown on page 128), select long Chinese beans and tie them in a knot after cooking—*

⅓ cup orange marmalade *or* apricot preserves
2 tablespoons Dijon-style mustard
4 pork rib chops, cut ½ inch thick (1 to 1¼ pounds total)
Nonstick spray coating
24 green onions, bias sliced into 1-inch pieces (3 cups)

- **Preheat broiler (allow 10 minutes).**
- **Meanwhile for glaze,** in a small saucepan stir together marmalade or preserves and mustard. Cook and stir over medium heat about 2 minutes or till marmalade is melted. Set aside.
- **Trim the chops** of any separable fat. Place the chops on the unheated rack of a broiler pan. Broil about 4 inches from the heat for 6 minutes. Turn the chops. Broil for 2 minutes. Spoon *half* of the glaze over the chops. Broil for 4 to 5 minutes more or till the chops are no longer pink.

*continued on page 140*






# We lead you
# but deliver you

We're talking about the divine flavor of pork – the other white meat.™

Sure, it's tempting and nutritious enough to grace any table.

But it's also surprisingly low in calories and cholesterol. Easy to prepare. And versatile enough to satisfy your family's changing tastes for something new and



# to temptation from evil.

different.

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# A french romance. *This is a touching tale about the true love you have for french fries made from Genuine Idaho® potatoes. From the moment you met, you've been crazy about their gorgeous golden tan, tender baked potato texture, and sensuous taste. Sure there have been others. But none that satisfy you the way Idaho potatoes do. That's why, when you buy potatoes, you look for the Grown in Idaho seal on the bag. It assures you that the ones you're buying are the ones you love.*




© 1987 Idaho Potato Commission


## GOOD-FOR-YOU MEALS

*continued from page 137*

● **Spray medium skillet** with nonstick spray coating. Heat over high heat. Stir-fry onions 2 to 3 minutes or till crisp-tender. Stir in remaining glaze; heat through. Serve mixture with chops. Makes 4 servings.

***Nutrition information per serving:*** *316 cal., 29 g pro., 28 g carbo., 10 g fat, 83 mg chol., 292 mg sodium, 570 mg potassium, and 2 g dietary fiber. U.S. RDA: 15% vit. C, 70% thiamine, 16% riboflavin, 24% niacin.*

### MICROWAVE SPINACH-STUFFED SOLE

*To serve, slide a fish portion from a cup onto a carrot- and pea-pod-lined plate—*

**4 fresh *or* frozen sole, flounder, catfish, *or* other thin fish fillets (about ¾ pound total)**
**1 10-ounce package frozen chopped spinach**
**1 beaten egg white**
**1 cup herb-seasoned croutons**
**½ cup cream-style, low-fat cottage cheese, drained**
**1 small carrot, shredded (about ¼ cup)**
**2 tablespoons cocktail sauce**
**Nonstick spray coating**

● **To thaw frozen fish,** micro-cook, uncovered, on 50% power (medium) for 4 to 5 minutes or till nearly thawed, separating and rearranging fillets once. Set aside. To thaw frozen spinach, micro-cook, uncovered, on 100% power (high) for 3 to 4 minutes or till thawed, breaking up with a fork after 2 minutes. Drain the spinach well, pressing out the excess liquid.

● **For stuffing,** in a mixing bowl stir together egg white, croutons, cottage cheese, carrot, and cocktail sauce; stir in spinach.

● **Spray four 10-ounce** microwave-safe custard cups with nonstick spray coating. Line insides of cups with fillets, trimming and piecing as necessary. Spoon stuffing into the center of the fish-lined cups. Loosely cover custard cups with waxed paper. Micro-cook on high for 5 to 6 minutes or till fish just flakes with a fork and stuffing is heated through, rotating and rearranging the cups once during cooking. Slide the fish and stuffing out of the cups onto plates. Makes 4 servings.

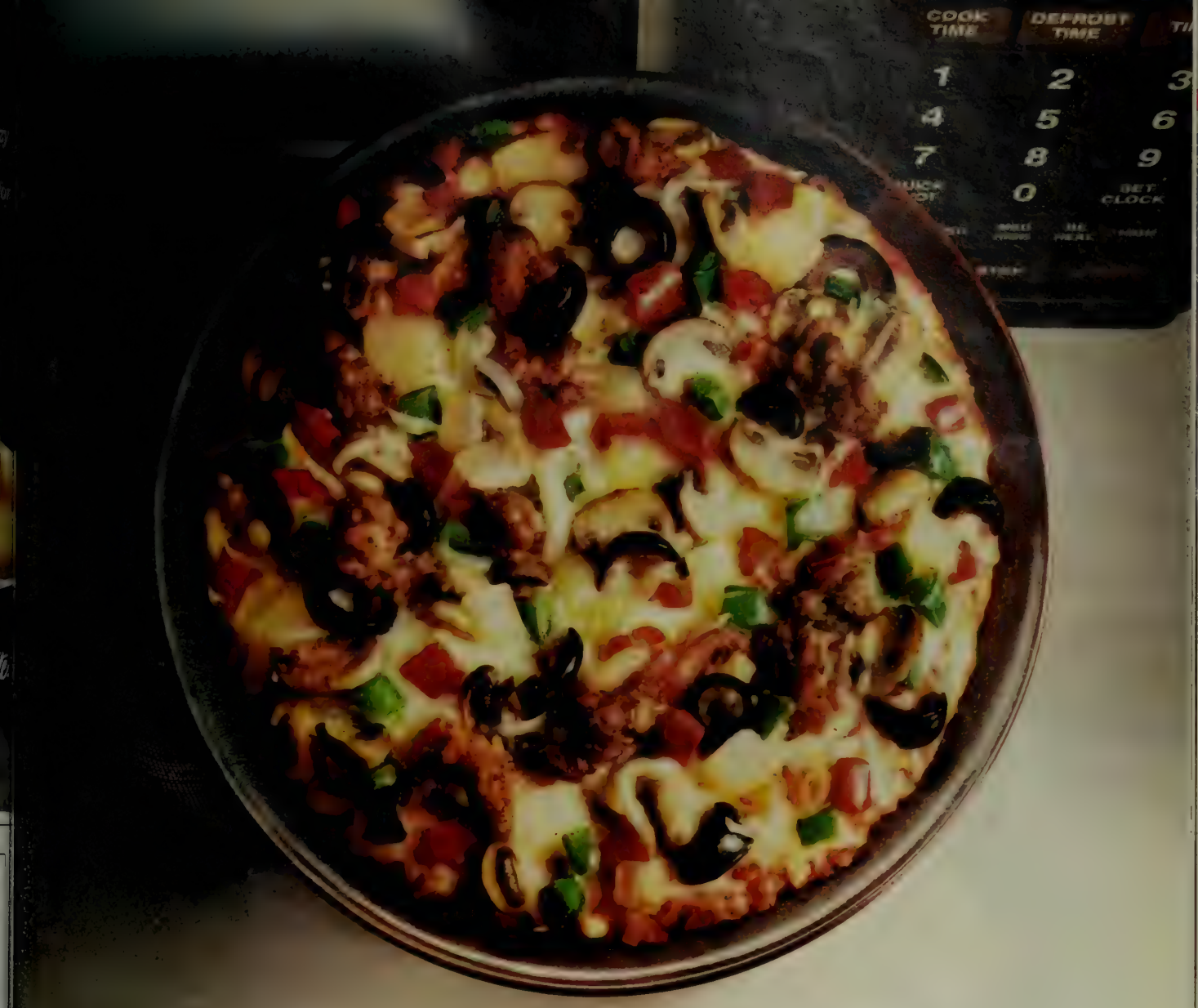
***Nutrition information per serving:*** *178 cal., 23 g pro., 12 g carbo., 4 g fat, 41 mg chol., 475 mg sodium, 715 mg potassium, and 2 g dietary fiber. U.S. RDA: 133% vit. A, 14% riboflavin, 10% niacin, 12% calcium, 14% iron.*

### TEX-MEX TURKEY TENDERLOINS

*For a colorful dinner accompaniment, season rice with a pinch of ground turmeric before cooking—*

**1 pound turkey tenderloin slices, cut about ½ inch thick**
**1 teaspoon ground cumin**
**⅛ teaspoon pepper**
**1 tablespoon margarine *or* butter**
**1 large tomato, seeded and chopped**
**1 small zucchini, chopped (about 1 cup)**
**2 green onions, sliced (¼ cup)**
**1 4-ounce can diced green chili peppers, drained**
**2 tablespoons vinegar**
**1 tablespoon sugar**
**1½ teaspoons cornstarch**
**Hot cooked rice (optional)**

*continued on page 143*




# ZESTY. MEATY. CHEESY. SAUCY. SPICY. QUICKLY.

Five minutes.
That's all the time it takes
to cook a Weight Watchers Pizza.
Our new crisper board, built into every package,
makes them all microwaveable.
The cheese pizzas. The sausage pizzas.
The pepperoni pizzas. Even the French Bread Pizzas.
Five minutes. Why it's
barely enough time to work up an appetite.



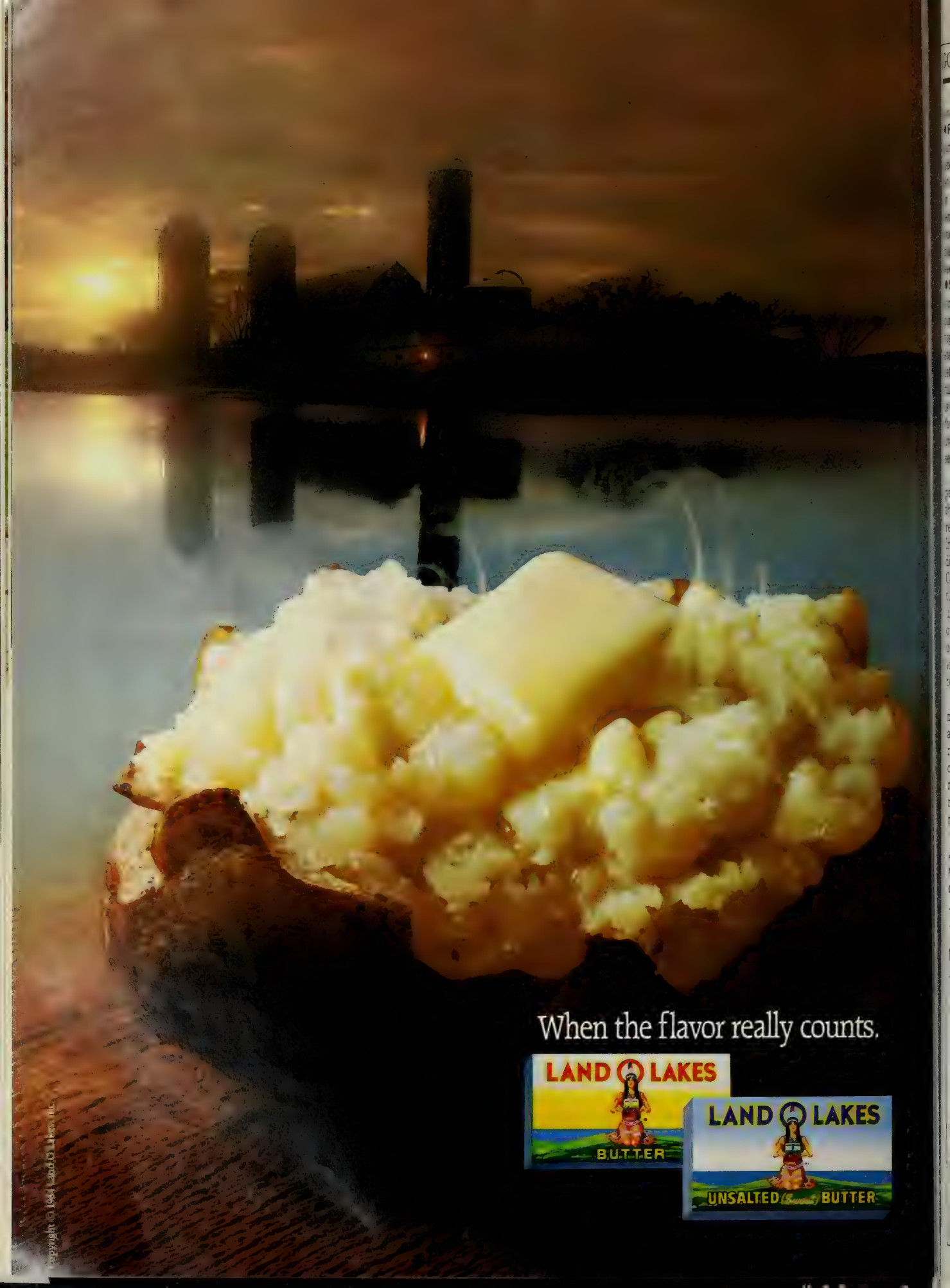






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This is living!

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*continued from page 140*

● **Rinse turkey; pat dry.** Stir together cumin and pepper; sprinkle on both sides of the tenderloins. In a large skillet cook tenderloins in hot margarine or butter for 8 to 10 minutes or till tender and no longer pink, turning once. Transfer tenderloins to a serving platter. Cover the platter with foil to keep the tenderloins warm.

● **Stir the tomato, zucchini,** green onions, and chili peppers into the drippings in the skillet. In a small bowl stir together the vinegar, sugar, and cornstarch. Stir into the mixture in the skillet. Cook and stir for 1 to 2 minutes or till the onion is tender and the mixture is thickened and bubbly. Cook and stir for 2 minutes more. Spoon the mixture over the turkey tenderloins. Makes 4 servings.

***Microwave directions:*** Rinse turkey; pat dry. Coat turkey tenderloins with the cumin and pepper mixture as directed. *Omit* the margarine or butter. In a 12x7½x2-inch microwave-safe dish arrange the turkey tenderloins. Cover with clear microwave-safe plastic wrap; vent by leaving a small area unsealed at the edge of the dish. Cook on 100% power (high) for 6 to 7 minutes or till tenderloins are tender and no longer pink, rearranging once. Cover turkey with foil to keep warm.

For sauce, in a 4-cup microwave-safe measure stir together vinegar, sugar, and cornstarch. Stir in tomato, zucchini, onions, and chili peppers. Cook, uncovered, on high 5 to 7 minutes or till mixture is thickened and bubbly, stirring after every minute. Cook on high 1 minute more. Spoon over turkey.

***Nutrition information per serving:*** *180 cal., 27 g pro., 10 g carbo., 4 g fat, 71 mg chol., 82 mg sodium, 410 mg potassium, and 1 g dietary fiber. U.S. RDA: 15% vit. A, 70% vit. C, 35% niacin, and 12% iron.*

## PEPPERED BEEF AND ASPARAGUS

*Purchase cellophane noodles in the oriental section of your supermarket—*

- ½ cup water
- ¼ cup sodium-reduced soy sauce
- 1 tablespoon cornstarch
- ¼ teaspoon pepper
- ⅛ teaspoon dried minced garlic
- ⅛ teaspoon ground red pepper

• • •

- Nonstick spray coating
- ½ pound fresh asparagus spears, bias-sliced into 1-inch pieces, *or* one 10-ounce package frozen cut asparagus, thawed
- 1 tablespoon cooking oil
- ¾ pound lean boneless beef, cut into thin bite-size strips
- ½ of a 16-ounce can straw mushrooms, drained
- 2 cups hot cooked cellophane noodles *or* hot cooked brown rice (optional)
- Red Anaheim pepper fan (optional)

● **In a small bowl stir** together water, soy sauce, cornstarch, pepper, garlic, and ground red pepper. Set aside.

● **Spray a cold wok or large skillet** with nonstick spray coating. Heat over high heat. Add asparagus and stir-fry for 3 to 5 minutes or till crisp-tender. Remove asparagus from wok.

● **Add oil to the wok.** Stir-fry beef in hot oil for 2 to 3 minutes. Push beef to the side of the wok.

● **Stir cornstarch mixture.** Pour into center of wok. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Add the asparagus and mushrooms. Cook and stir till heated through. Serve over cellophane noodles or brown rice. Garnish with a pepper fan. Makes 4 servings.

***Nutrition information per serving:*** *196 cal., 21 g pro., 8 g carbo., 9 g fat, 52 mg chol., 880 mg sodium, 410 mg potassium, and 2 g dietary fiber. U.S. RDA: 11% vit. A, 22% vit. C, 12% riboflavin, 20% niacin, 16% iron.*

## VEAL CHOPS WITH VEGETABLE SAUCE

*The skillet drippings produce a richly flavored sauce—*

- 4 veal top loin chops, cut ½ to ¾ inch thick (1¼ to 1½ pounds total)
- 1 tablespoon margarine *or* butter
- 1 16-ounce package loose-pack frozen broccoli, baby carrots, and water chestnuts
- ½ cup chicken broth
- 1 clove garlic, minced *or* ⅛ teaspoon bottled minced garlic
- 2 tablespoons white-wine Worcestershire sauce
- 2 teaspoons cornstarch

● **Trim any separable fat** from veal chops. In a 10-inch skillet cook chops over medium heat in hot margarine or butter 4 to 6 minutes or till veal is done, turning once. Transfer to a serving platter. Cover with foil to keep warm.

● **Stir vegetables, broth,** and garlic into skillet drippings. Bring to boiling; reduce heat. Cover; simmer 2 minutes.

● **Stir together** Worcestershire sauce and cornstarch; add to skillet. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Spoon over the veal. Makes 4 servings.

*continued on page 144*



THE LATEST BRIGHT IDEA FROM KITCHENAID.

THIS ULTRA POWER MIXER EFFORTLESSLY KNEADS THE TOUGHEST DOUGH. ITS OPTIONAL ATTACHMENTS LET YOU GRIND MEATS, PUREE FRUITS, SLICE VEGETABLES, SHRED CHEESE. EVEN MAKE PASTA, GRIND GRAIN AND STUFF SAUSAGE. THE KITCHENAID MIXER IN NEW ROYAL RED CAN BECOME NOTHING LESS THAN A TOTAL FOOD PREPARATION CENTER. SEE IT NOW.

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## GOOD-FOR-YOU MEALS

*continued from page 143*

***Nutrition information per serving:*** *272 cal., 25 g pro., 10 g carbo., 14 g fat, 85 mg chol., 236 mg sodium, 533 mg potassium, and 4 g dietary fiber. U.S. RDA: 84% vit. A, 73% vit. C, 18% riboflavin, 28% niacin, 19% iron.*

### CHICKEN WITH WALDORF SAUCE

*The sauce for the light 'n' lean poultry is chock-full of crisp apples, fresh celery, and naturally sweet raisins, which makes it taste just like a hot version of Waldorf salad—*

- 4 skinless, boneless chicken breast halves (about 1 pound)
- 1 6-ounce can apple juice
- ½ teaspoon instant chicken bouillon granules
- 2 small red apples, cored and sliced
- ¼ cup sliced celery
- 2 green onions, sliced (¼ cup)
- 2 tablespoons raisins
- 1 tablespoon cornstarch
- 2 tablespoons cold water
- ¼ teaspoon ground nutmeg
- 1 tablespoon brandy (optional)

● **Rinse chicken; pat dry.** Season chicken lightly with *salt* and *pepper.* In a 10-inch skillet combine apple juice and bouillon granules. Bring to boiling; add chicken. Reduce heat. Cover; simmer 5 minutes. Turn chicken over.

● **Add apples, celery,** onions, and raisins. Cover; simmer 5 minutes more or till chicken is tender. Use a slotted spoon to transfer chicken to plates. Cut chicken into ¼-inch-thick slices. Top with apple mixture. Cover; keep warm.

● **Stir together** cornstarch, water, and nutmeg. Stir into juices in skillet. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Stir in brandy. Spoon sauce over each serving. Makes 4 servings.

***Microwave directions:*** Rinse, dry, and season chicken as directed. In a 10x6x2-inch microwave-safe baking dish arrange chicken. Cover with vented clear microwave-safe plastic wrap. Cook on 100% power (high) 1½ minutes; rearrange chicken, turning less-cooked portions toward outside. Cook on high 1½ minutes more. Turn chicken over; top with apples, celery, onions, and raisins. Cover with vented microwave-safe clear plastic wrap. Cook on high 3 to 5 minutes more or till no longer pink. Cover to keep warm.

In a 2-cup microwave-safe measure stir together apple juice, bouillon granules, cornstarch, and nutmeg. *Omit* the water. Cook on high 2 to 4 minutes or till thickened and bubbly, stirring after every minute. Cook on high 30 seconds more. Stir in brandy. Use a slotted spoon to transfer chicken to dinner plates. Cut into ¼-inch-thick slices. Top with the apple mixture. Spoon sauce over each serving.

***Nutrition information per serving:*** *223 cal., 25 g pro., 15 g carbo., 7 g fat, 76 mg chol., 128 mg sodium, 359 mg potassium, and 1 g dietary fiber. U.S. RDA: 40% niacin.*

### SCALLOP AND ARTICHOKE STIR-FRY

*To cook couscous, pour boiling water over; let stand, uncovered, 5 minutes—*

- 1 pound fresh sea scallops
- 2 tablespoons lime juice
- 1 tablespoon cornstarch
- 1 teaspoon sugar
- 1 teaspoon instant chicken bouillon granules
- 1 9-ounce package frozen artichoke hearts

Nonstick spray coating

- ½ of a green sweet pepper, cut into thin strips
- ½ of a red sweet pepper, cut into thin strips
- 1 tablespoon cooking oil
- 2 cups hot cooked couscous (optional)

● **Cut any large scallops** in half; set aside. For sauce, combine lime juice, cornstarch, sugar, bouillon granules, ¾ cup *water,* and ⅛ teaspoon *pepper.*

● **Place artichokes in colander;** run cold water over till partially thawed.

● **Spray a wok or large skillet** with nonstick spray coating. Heat over high heat. Stir-fry artichokes and peppers for 2 to 4 minutes or till peppers are crisp-tender. Remove vegetables from wok or skillet.

● **Add oil to wok** or skillet; add *half* of the scallops. Stir-fry for 2 to 3 minutes or till scallops are opaque. Remove scallops. Stir-fry remaining scallops and remove from wok or skillet.

● **Stir sauce.** Add to the wok or skillet. Cook and stir till thickened and bubbly. Return vegetables and scallops to wok. Cook and stir for 2 minutes or till heated through. Serve over couscous. Makes 4 servings.

***Nutrition information per serving:*** *269 cal., 23 g pro., 36 g carbo., 4 g fat, 40 mg chol., 413 mg sodium, 518 mg potassium, and 6 g dietary fiber. U.S. RDA: 38% vit. A, 74% vit. C, 14% thiamine, 11% riboflavin, 14% niacin, 15% iron.*



**Try this healthful and fast beef salad.**

## BEEF SALAD WITH FRESH BASIL DRESSING

*Chill the dressing in the freezer to get it cold FAST!*

- ½ cup buttermilk
- 3 tablespoons reduced-calorie mayonnaise *or* salad dressing
- 1 tablespoon snipped fresh basil *or* 1 teaspoon dried basil, crushed
- 1 tablespoon lemon juice
- 1 teaspoon sugar
- Dash pepper

• • •

- 6 cups torn mixed greens
- 8 ounces lean cooked beef, cut into thin strips
- 1 small parsnip, thinly sliced
- 1 medium carrot, thinly sliced
- ½ of a small zucchini, sliced
- ½ cup broccoli flowerets
- ½ of a 16-ounce can julienne beets, well drained

● **For the dressing,** in a small bowl stir together buttermilk, mayonnaise or salad dressing, basil, lemon juice, sugar, and pepper. Cover and chill in the freezer while preparing the salad.

● **For salad,** toss together the greens, beef, parsnip, carrot, zucchini, and broccoli. Toss with the chilled dressing. Spoon onto serving plates. Top with drained beets. Makes 4 servings.

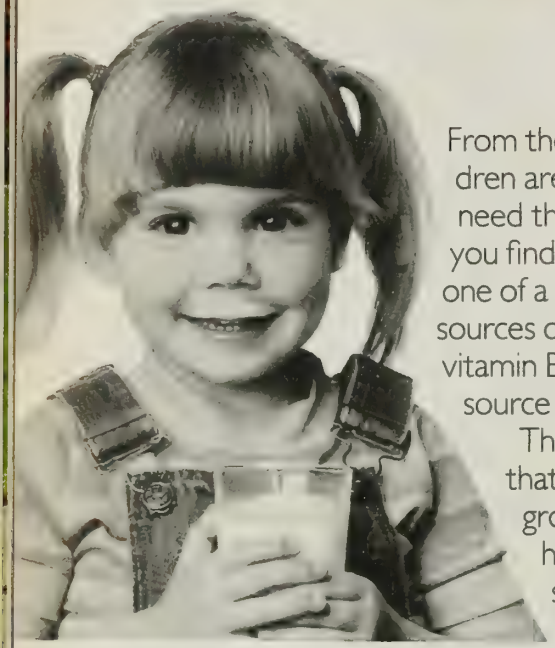
***Nutrition information per serving:*** *212 cal., 20 g pro., 13 g carbo., 9 g fat, 53 mg chol., 254 mg sodium, 684 mg potassium, and 7 g dietary fiber. U.S. RDA: 124% vit. A, 29% vit. C, 15% riboflavin, 18% niacin, 10% iron.*

*continued on page 147*





# UNIVERSITY STUDIES SHOW PAPER MILK CARTONS GIVE YOU MORE VITAMINS TO THE GALLON



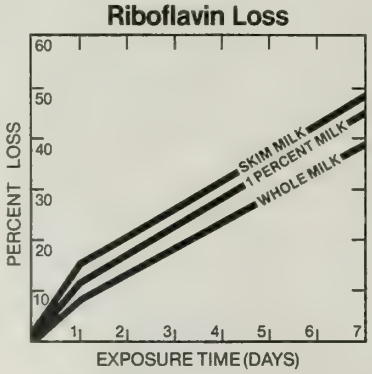
From the moment children are born, they need the nourishment you find in milk. Milk is one of a child's best sources of riboflavin, or vitamin $B_2$. And a good source of vitamin A.

These are vitamins that help a child grow and stay healthy, have soft skin and bright eyes. In fact, scientists include both vitamins in a list of *leader nutrients* that play a key role in human nutrition.

### Important vitamins lost in plastic containers

Over 20 independent studies conducted by scientists at major universities, including Michigan State and Cornell, have been published on the damage light does to milk. One study shows: In just 24 hours, milk in transparent plastic containers sitting under fluorescent lights can lose this much riboflavin (vitamin $B_2$): whole milk—8%; low-fat milk—10%; skim milk—14%.

**Riboflavin Loss**




This shows milk's loss of riboflavin in plastic containers under fluorescent lights.* Other tests show that milk loses even more of its vitamin A.
*Source: "Protecting Your Milk from Nutrient Loss," by Dr. G.F. Senyk and Dr. W.F. Shipe, Department of Food Science, Cornell University.

Much of milk's natural vitamin A is skimmed off with the fat in low-fat and skim milk. So Federal la requires dairies to "fortify" it, to replace what's los

### Bigger loss in low-fat milk

But fortified vitamin A is even more sensitive t light than natural vitamin A. In only four hours ligh can destroy up to 44% of vitamin A in low-fat an skim milk in plastic containers.

A few supermarkets have recognized the problem with fluorescent lights and have installed light shields. But this doesn't protect milk from other light.




Fluorescent lights penetrate plastic milk containers and destroy important vitamins. But paper cartons keep most harmful light out and more vitamins in.

### Paper cartons block out 98% of harmful light

There is a way to make sure your children's mil is better protected: buy it in *paper cartons*. Paper cartons block almost all harmful light. Scientific tests show that light penetration of plastic milk containers can be up to 35 times greater than wit paper cartons. Buy your children milk in protectiv paper cartons. And give them more to the gallon.

**Get more vitamins to the gallon with protective paper cartons**

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## GOOD-FOR-YOU MEALS

*continued from page 145*



**Fresh fish—quick and tasty.**

### POACHED FISH IN ORANGE SAUCE

*Choose sole, flounder, or orange roughy fillets—*

**1 medium cucumber**

• • •

**1 teaspoon finely shredded orange peel**
**1 cup orange juice**
**1 medium carrot, shredded**
**¼ teaspoon salt**
**1 pound fresh fish fillets**
**1 tablespoon cornstarch**
**1 tablespoon water**
**Orange wedges (optional)**

● **Chop enough of the cucumber** to equal *½ cup.* Thinly slice the remaining cucumber.

● **In an ungreased 10-inch skillet** stir together the orange peel, orange juice, carrot, and salt. Bring the mixture to boiling. Measure thickness of fish, then carefully add fish to skillet. Return the mixture just to boiling; reduce heat. Cover and simmer for 4 to 6 minutes per ½-inch thickness of fish or till the fish just flakes when tested with a fork.

● **Place cucumber slices** on a platter. Use a slotted spatula to transfer fish to platter atop cucumber. Cover with foil to keep warm. For sauce, in a small bowl stir together the cornstarch and water. Stir into the mixture in the skillet. Cook and stir till mixture is thickened and bubbly. Cook and stir for 2 minutes more. Stir in the chopped cucumber. Spoon the sauce over all. Serve with orange wedges. Makes 4 servings.

***Microwave directions:*** Chop and slice cucumber as directed. Set aside. Arrange fish fillets in a microwave-safe 8x8x2-inch baking dish. Turn under any thin portions to obtain an even thickness. Cover with clear microwave-safe plastic wrap; vent by leaving a small area unsealed at the edge of the dish. Cook on 100% power (high) for 4 to 7 minutes or till fish just flakes with a fork, giving the dish a half-turn after 4 minutes. Cover to keep warm.

In a 2-cup microwave-safe measure stir together orange peel, orange juice, carrot, salt, and cornstarch. *Omit* water. Cook, uncovered, on 100% power (high) for 3 to 5 minutes or till thickened and bubbly, stirring after every minute. Cook on high 30 seconds more. Stir in chopped cucumber. Place cucumber slices on a serving platter. Top with fish. Spoon sauce over all.

***Nutrition information per serving:*** *151 cal., 21 g pro., 12 g carbo., 2 g fat, 49 mg chol., 233 mg sodium, 770 mg potassium, 1 g dietary fiber. U.S. RDA: 104% vit. A, 34% vit. C, 10% thiamine, 12% niacin.*

*continued on page 150*

# DON'T G






QUALITY

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# CERTIFIED NONSTICKS

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*continued from page 147*

## SIDE DISHES

*(Pictured on pages 132–133.)*

### BROILED PARMESAN POTATOES

*Thinly slice the potatoes so they cook tender without burning—*

- 2 tablespoons margarine *or* butter, melted
- 1 teaspoon dried basil, crushed
- ½ teaspoon paprika
- ¼ teaspoon garlic powder
- ⅛ teaspoon pepper

• • •

- 2 medium potatoes, bias sliced about ¼ inch thick
- ¼ cup grated Parmesan *or* Romano cheese

● **Stir together** margarine or butter, basil, paprika, garlic powder, and pepper. Place potato slices in a single layer on the unheated rack of a broiler pan. Brush margarine mixture over both sides of potato slices. Broil about 5 inches from the heat for 8 to 9 minutes or till potatoes begin to brown.

● **Using a wide spatula, turn potatoes.** Sprinkle with cheese. Broil for 4 to 6 minutes more or till potatoes are tender. Makes 4 servings.

***Nutrition information per serving:*** *142 cal., 4 g pro., 14 g carbo., 8 g fat, 5 mg chol., 188 mg sodium, 442 mg potassium, and 2 g dietary fiber. U.S. RDA: 10% vit. A, 18% vit. C, 10% calcium.*

### ITALIAN TOMATO AND RICE SOUP

*A warming soup for a blustery day—*

- 2 cups water
- 1 12-ounce jar mild chunky salsa
- 1 cup sodium-reduced tomato juice
- ⅓ cup quick-cooking brown rice
- 1 tablespoon dried minced onion
- 1 teaspoon Italian seasoning, crushed
- ½ teaspoon instant chicken bouillon granules
- ⅛ teaspoon dried minced garlic
- ⅛ teaspoon pepper

• • •

- 1 16-ounce package loose-pack frozen zucchini, carrots, cauliflower, lima beans, and Italian beans
- ⅓ cup finely shredded *or* grated Parmesan cheese (optional)

● **In a large saucepan** combine the water, salsa, tomato juice, rice, onion, Italian seasoning, bouillon granules, garlic, and pepper. Bring mixture to boiling; reduce heat. Cover and simmer for 10 minutes.

● **Meanwhile, place vegetables** in a colander. Run cold water over vegetables till thawed. Stir into the rice mixture. Return to boiling; reduce heat. Cover and simmer for 5 to 10 minutes or till rice and vegetables are tender. Top each serving with cheese. Makes 6 side-dish servings.

***Nutrition information per serving:*** *86 cal., 3 g pro., 15 g carbo., 1 g fat, 0 mg chol., 628 mg sodium, 324 mg potassium, and 4 g dietary fiber. U.S. RDA: 30% vit. A, 34% vit. C.*

### PEAS AND ONIONS AU GRATIN

*Just as fast as plain peas, but tastes even better!*

- 1 16-ounce package loose-pack frozen peas and pearl onions
- 2 tablespoons water
- 2 ounces reduced-calorie soft-style cream cheese (¼ cup)
- 2 tablespoons milk
- ¼ to ½ teaspoon cracked black pepper
- 1 clove garlic, minced, *or* ⅛ teaspoon bottled minced garlic
- ½ cup herb-seasoned croutons

● **In a 1-quart microwave-safe** casserole micro-cook the vegetables and water, covered, on 100% power (high) for 3 to 5 minutes or till just tender; drain. Stir in the cream cheese, milk, pepper, and garlic. Micro-cook, covered, on high for 2 to 4 minutes or till heated through, stirring twice. Sprinkle croutons atop. Makes 4 servings.

***Nutrition information per serving:*** *124 cal., 5 g pro., 13 g carbo., 6 g fat, 1 mg chol., 169 mg sodium, 140 mg potassium, and 3 g dietary fiber. U.S. RDA: 14% vit. A, 13% vit. C, 10% thiamine.*

### CREAMY PASTA AND CABBAGE SALAD

*Keep your meal on the lean side; serve this side dish with grilled poultry—*

- 4 ounces corkscrew macaroni (1½ cups uncooked)
- ½ cup plain low-fat yogurt
- ⅓ cup reduced-calorie creamy Italian salad dressing
- 1 tablespoon grated Parmesan cheese
- 1 small clove garlic, minced
- 2 cups mixed shredded cabbage and carrots
- 1 medium cucumber, chopped
- 1 medium tomato, seeded and chopped

Lettuce leaves (optional)

● **Cook pasta in boiling water** according to package directions. Immediately drain. Rinse under cold running water. Drain well.

● **Meanwhile, in a small bowl** stir together yogurt, salad dressing, cheese, and garlic. In a large bowl toss together the pasta, salad dressing mixture, shredded cabbage and carrots, cucumber, and tomato. Cover and quick-chill in the freezer for 10 minutes. Serve atop lettuce leaves. Makes 6 servings.

***Nutrition information per serving:*** *131 cal., 5 g pro., 21 g carbo., 3 g fat, 2 mg chol., 155 mg sodium, 269 mg potassium, and 2 g dietary fiber. U.S. RDA: 108% vit. A, 14% vit. C, 15% thiamine.*



**Make this fiery salad on the double.**

### CHILI PEPPER POTATO SALAD

*Canned potatoes and bottled salad dressing keep it simple—*

- 2 16-ounce cans sliced potatoes, drained
- 1 yellow *or* red sweet pepper, coarsely chopped
- 1 cup loose-pack frozen peas

• • •

- ¼ cup reduced-calorie creamy bacon salad dressing
- 1 4-ounce can diced green chili peppers, drained
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon bottled minced garlic

Lettuce leaves (optional)

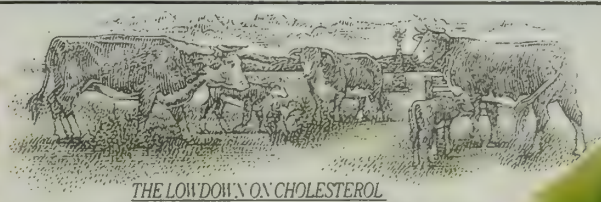
● **In a large mixing bowl** toss together potatoes, sweet pepper, and peas. In a blender container combine salad dressing, chili peppers, salt, pepper, and garlic. Cover and blend till smooth. Toss with the potato mixture. If desired, cover and quick-chill in the freezer for 10 to 15 minutes or till cold. Serve on lettuce leaves. Makes 6 servings.

***Nutrition information per serving:*** *103 cal., 3 g pro., 19 g carbo., 2 g fat, 0 mg chol., 532 mg sodium, 291 mg potassium, 3 g dietary fiber. U.S. RDA: 28% vit. A, 94% vit. C, 10% thiamine, and 11% iron.*

*continued on page 152*

# Good News For People Who Eat.

If your taste buds are not altogether excited about a future of organic fiber flakes, the beef industry would like a few words with you. Even a few from the U.S.D.A. Because the lowdown on beef is probably less than you think—lower in calories, leaner on fat, lighter on cholesterol than you would ever imagine. It's even faster to fix than your mother knows. So read on. And hang on to your forks.

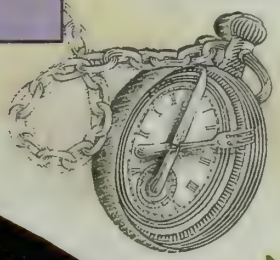


THE LOWDOWN ON CHOLESTEROL.

*True fact: beef has only 76 milligrams of cholesterol in a 3-ounce serving. That's only average. Wonderfully average.*

GOOD NEWS FOR PEOPLE WHO COOK.

*No sauces, no fussing, no frou-frou. Beef doesn't need much help in the kitchen. To cut time, just cut big things in pieces. With stir-fries, sautees, kabobs and marinades, there's never a dull moment. Or a wasted one.*



THIS IS YOUR BITE.

*3 oz. of lean beef is under 200 calories. But for that fraction of a total day's calories, you get: • 46% of the adult man's RDA for protein • 59% of the adult woman's RDA for protein • 15% of the adult woman's RDA for iron • 40% of the adult RDA for zinc • 76% of the adult RDA for vitamin B-12.*





THE UNSATURATION POINT.

*Over half the fat in beef is actually mono- or poly-unsaturated. That's why 3 ounces of tenderloin have only 3.1 grams of saturated fat out of 7.9 grams total. May your body and your taste buds make peace.*



TERIYAKI BEEF STIR-FRY.

*Preparation: 15 min.*
*Cooking time: 10 min.*

*Cut 1 lb. top round steak in thin strips. Marinate in 3 Tbs. teriyaki sauce, 1 Tbs. oil and 2 tsp. cornstarch 30 min. Stir-fry 2 bell peppers (¾" cube) and 6 green onions (2" pieces) in 1 Tbs. oil 3 min.; remove. Stir-fry beef (½ at a time) 2-3 min. Return all ingredients. Cook until hot. 4 servings.*

*Calories: 247 per serving; 162 from beef.*



*Figures are for 3-ounce servings, cooked and trimmed.*

BEEF

© 1987 Beef Industry Council and Beef Board



*ROUND TIP*
*6.4 gms total fat* (2.3 gms sat. fat)*
*162 calories*



*TOP LOIN*
*7.6 gms total fat* (3.0 gms sat. fat)*
*172 calories*



*TOP ROUND*
*5.3 gms total fat* (1.8 gms sat. fat)*
*162 calories*

# Beef.

## Real Food For Real People.

*Source: U.S.D.A. Handbook No. 8-13*



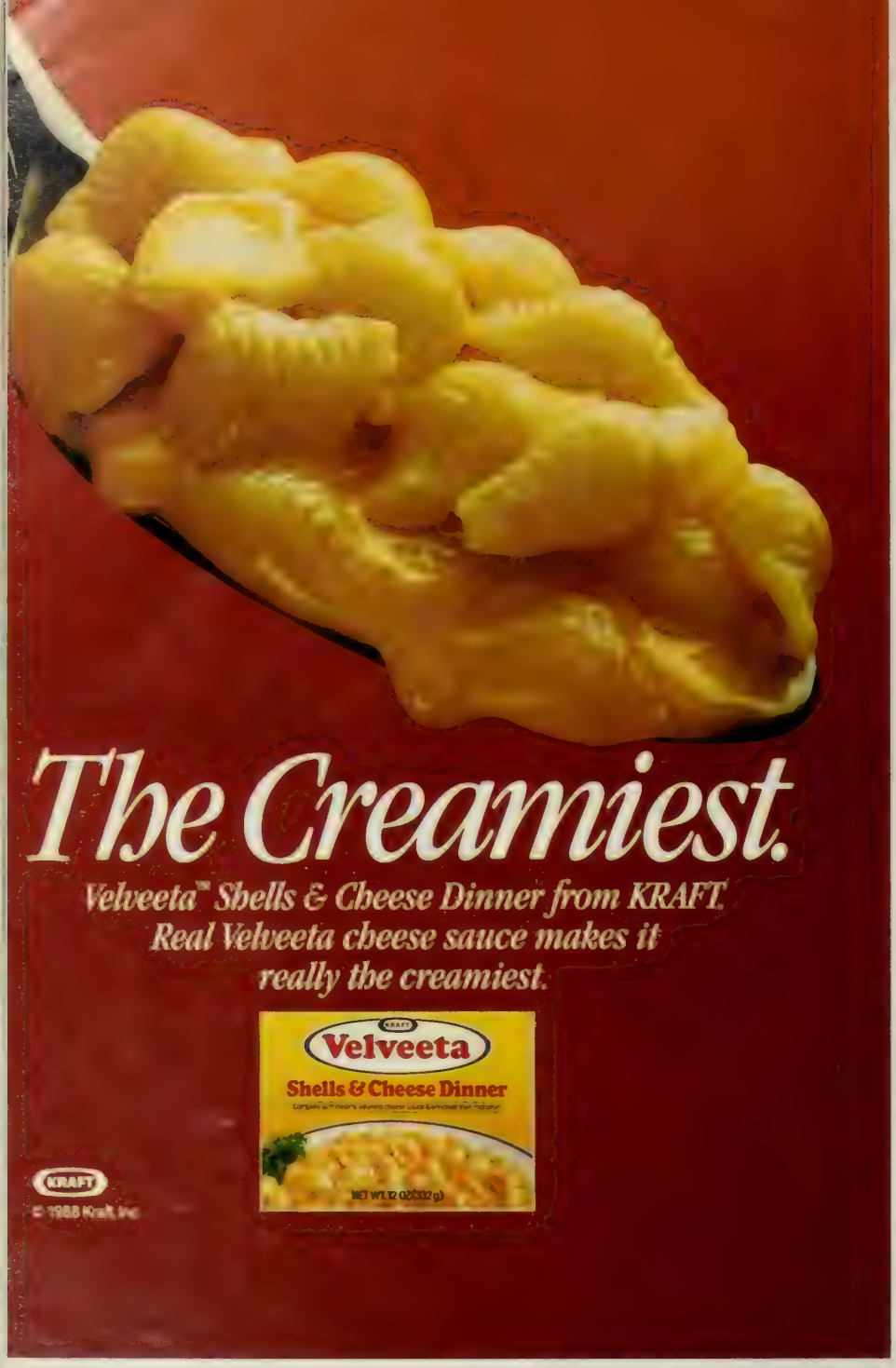
*EYE OF ROUND*
*5.5 gms total fat* (2.1 gms sat. fat)*
*155 calories*



*TENDERLOIN*
*7.9 gms total fat* (3.1 gms sat. fat)*
*174 calories*



*SIRLOIN*
*7.4 gms total fat* (3.0 gms sat. fat)*
*177 calories*






*continued from page 150*

## DESSERTS

*(Pictured on page 134.)*

### HONEY-LIME FRUIT WITH FROZEN YOGURT

- 3 tablespoons margarine *or* butter
- 1 tablespoon lime juice
- 1 tablespoon honey
- 2 medium bananas, bias-sliced ¼ inch thick
- ½ cup frozen unsweetened peaches, chopped
- 2 kiwi fruit, peeled and sliced
- 1½ cups halved strawberries
- 2 cups frozen yogurt

● **In a 10-inch skillet** melt the margarine or butter. Stir in the lime juice and honey. Add the bananas and peaches. Heat and gently stir for 1 to 2 minutes or till the fruit is heated through. In dessert bowls arrange kiwi fruit and strawberries. Top with frozen yogurt. Spoon the warm fruit-honey mixture over all. Makes 4 servings.

***Microwave directions:*** In a 1½-quart microwave-safe casserole, micro-cook the margarine or butter, uncovered, on 100% power (high) for 45 to 60 seconds or till melted. Stir in the lime juice and honey. Add the bananas and peaches, stirring to coat. Micro-cook, uncovered, for 2 to 2½ minutes or till fruit is heated through, stirring once. Continue as directed.

***Nutrition information per serving:*** *334 cal., 5 g pro., 51 g carbo., 14 g fat, 8 mg chol., 173 mg sodium, 712 mg potassium, and 5 g dietary fiber. U.S. RDA: 17% vit. A, 151% vit. C, 17% riboflavin, 13% calcium.*

### FRUITED FLOATING ISLANDS

- 2 egg whites
- 1 teaspoon vanilla
- ¼ cup sugar
- 1 10-ounce package frozen mixed fruit (in quick-thaw pouch), thawed
- 2 teaspoons cornstarch

Crème de almond, crème de strawberry, *or* grenadine syrup

Toasted chopped almonds

● **In a 10-inch skillet** heat 3 cups *water* to simmering. Meanwhile, for meringues, in a small mixer bowl beat egg whites and vanilla with an electric mixer on medium speed till soft peaks form (tips curl). Gradually add sugar, beating on high speed till stiff peaks form (tips stand straight).

● **Drop egg white mixture** in 8 portions into simmering water. Simmer, uncovered, about 5 minutes or till meringues are firm. (Knife comes out clean.) Using slotted spoon, gently lift from water. Drain on paper towels and place on waxed paper. Chill meringues while preparing the fruit.

● **Drain fruit,** reserving syrup. Add enough *water* to syrup to make *⅔ cup* liquid. In a small saucepan stir together syrup mixture and cornstarch. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Stir in fruit. Spoon into 4 dessert dishes. Top each serving with two meringues. Drizzle liqueur or grenadine over meringues. Sprinkle with almonds. Makes 4 servings.

***Nutrition information per serving:*** *161 cal., 3 g pro., 36 g carbo., 1 g fat, 0 mg chol., 28 mg sodium, 135 mg potassium, and 1 g dietary fiber. U.S. RDA: 62% vit. C.*

### MICROWAVE NOTE

**Microwave directions are included when a micro-cooked recipe is as appealing as the conventionally cooked recipe. The microwave versions given here were tested in countertop microwave ovens that operate on 625 to 700 watts. Cooking times in recipes are approximate because microwave ovens vary by manufacturer.**



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*1 oz. Philadelphia Brand cream cheese = 100 calories*
*1 oz. Butter or Margarine = 200 calories*

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*Here.*
*A little snack.*
*Something hot, crisp, fast.*

*Ore-Ida Microwave Fries."*




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WIN MONEY FOR YOUR RECIPES
See Page 158 For Details

BETTER HOMES AND GARDENS TEST KITCHEN®
PRIZE TESTED RECIPES®

# Tuna and Salmon Ideas

File under Fish and Seafood
March 1988



## $100 WINNER *Neila Whitbeck, Needham, Mass.*

### Tuna Spinach Braid

*Neila uses refrigerated crescent rolls to make this recipe quick and easy—*

- 1 10-ounce package frozen chopped spinach, thawed and well drained
- 1 6½-ounce can tuna, drained and flaked
- 1 cup ricotta cheese *or* cream-style cottage cheese, drained
- ½ cup grated Parmesan cheese
- 1 teaspoon bottled minced garlic
- 1 package (8) refrigerated crescent rolls
- 3 thick slices provolone cheese (3 ounces)

For filling, in a large mixing bowl combine spinach, tuna, ricotta cheese, Parmesan cheese, and garlic.

Unroll and separate crescent dough into 4 rectangles. On an ungreased baking sheet or jelly-roll pan, place rectangles together, overlapping edges slightly, to form a rectangle about 14x10 inches. Firmly press edges and perforations together to seal. Spread filling in a 3½-inch-wide strip lengthwise down center of dough. Top with provolone cheese. Make cuts in dough at 1-inch intervals on both long sides of rectangle just to edge of filling. Fold dough strips diagonally over filling, overlapping strips and alternating from side to side to give a braided appearance. Bake in a 375° oven for 18 to 20 minutes or till golden. Serve warm. Makes 4 main-dish servings or 8 appetizer servings.

***Nutrition information per main-dish serving:*** 523 cal., 36 g pro., 38 g carbo., 25 g fat, 72 mg chol., 1,383 mg sodium, 567 mg potassium, 2 g dietary fiber. U.S. RDA: 101% vit. A, 21% thiamine, 31% riboflavin, 41% niacin, 59% calcium, 25% iron.

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BETTER HOMES AND GARDENS TEST KITCHEN®
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# Potato Side Dishes

File under Vegetables
March 1988



## $100 WINNER *J. LeViness, Winsted, Conn.*

### Potato Lasagna

*Use potatoes in place of pasta in this side-dish take-off on lasagna—*

- 2 large potatoes, peeled and halved crosswise (1 pound)
- 1 egg
- 1 cup ricotta cheese
- 1 8-ounce can tomato sauce
- ¼ teaspoon dried basil, crushed
- ¼ teaspoon dried oregano, crushed
- Dash garlic powder
- ½ cup shredded mozzarella cheese

Cook potatoes in boiling water 10 to 12 minutes or till nearly tender (*don't* overcook); drain. When cool enough to handle, thinly slice potatoes. Combine egg and ricotta cheese. Combine tomato sauce, seasonings, and ⅛ teaspoon *salt.* Lightly grease 9x5x3-inch loaf dish. Arrange *half* of the potato slices in bottom of prepared dish. Spread *half* of the ricotta mixture, then *half* of the tomato sauce mixture over potatoes. Repeat layers. Sprinkle mozzarella cheese atop. Bake, covered, in a 400° oven 25 minutes or till potatoes are tender and lasagna is heated through. Uncover; bake 5 minutes more. Let stand 5 minutes. Makes 6 side-dish servings.

***Nutrition information per serving:*** 165 cal., 10 g pro., 19 g carbo., 6 g fat, 64 mg chol., 385 mg sodium, 621 mg potassium, 6 g dietary fiber. U.S. RDA: 13% vit. A, 23% vit. C, 10% riboflavin, 19% calcium.






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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

# Potato Side Dishes

File under Vegetables
March 1988



## $50 WINNER *Carolyn Barrow, Hayward, Calif.*

### Creamy Potato-Carrot Casserole

*A delicious side dish that's a gussied-up version of duchesse potatoes—*

- 2 cups peeled, diced potatoes (¾ pound)
- ¾ cup diced carrots
- 2 slices bacon
- ⅓ cup milk
- 2 beaten eggs
- ½ cup grated Parmesan cheese
- ¼ cup sliced green onion
- 3 tablespoons dairy sour cream *or* plain yogurt
- 1 tablespoon grated Parmesan cheese

In a medium saucepan cook potatoes and carrots, covered, in boiling water about 12 minutes or till carrots are tender. Drain.

Meanwhile, in a small skillet cook bacon till crisp. Drain, crumble, and set aside.

In a large mixer bowl mash potatoes and carrots with a potato masher or an electric mixer on low speed. Gradually beat in the milk till mixture is creamy. Stir in eggs, the ½ cup Parmesan cheese, green onion, and sour cream or yogurt.

Transfer to a 1-quart casserole. Bake, uncovered, in a 350° oven for 20 minutes. Sprinkle with the bacon and 1 tablespoon Parmesan cheese. Bake for 15 minutes more or till center is set. Makes 4 side-dish servings.

***Nutrition information per serving:*** 232 cal., 13 g pro., 19 g carbo., 12 g fat, 158 mg chol., 385 mg sodium, 611 mg potassium, 3 g dietary fiber. U.S. RDA: 137% vit. A, 23% vit. C, 11% thiamine, 14% riboflavin, 26% calcium.

Photographs: Scott Little

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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

# Tuna and Salmon Ideas

File under Fish and Seafood
March 1988



## $50 WINNER *Olive MacFarland, Florence, Oreg.*

### Salmon-Sour Cream Bake

*Olive's rich recipe was inspired by a salmon entrée she enjoyed on a cruise—*

- 2 8-ounce fresh *or* frozen salmon steaks, cut 1 inch thick
- ¼ cup dairy sour cream
- ¼ cup mayonnaise *or* salad dressing
- ¼ cup sliced green onion
- 1 teaspoon lemon juice
- ¼ teaspoon salt
- Dash ground red pepper
- ¼ cup shredded cheddar cheese (1 ounce)

Thaw salmon, if frozen. Place salmon steaks flat on cutting surface. Halve steaks lengthwise, perpendicular to cutting surface, removing center bones. Place the 4 pieces of salmon in a 10x6x2-inch baking dish. Bake, uncovered, in a 450° oven for 12 to 15 minutes or just till fish flakes easily with a fork.

Meanwhile, in small bowl combine sour cream, mayonnaise, green onion, lemon juice, salt, and red pepper. Spoon over salmon; sprinkle cheese on top. Bake for 3 to 4 minutes more or till sauce is just heated through. Makes 4 servings.

***Nutrition information per serving:*** 356 cal., 24 g pro., 2 g carbo., 28 g fat, 58 mg chol., 315 mg sodium, 453 mg potassium. U.S. RDA: 10% thiamine, 37% niacin, 20% calcium.

**Buying information, page 164.**

# Give your honey a sweetie pie tonight.



## Double Chocolate Chunk Ice Cream Pie

*1 c. cold milk*
*1 c. (½ pint) chocolate ice cream, softened*
*1 pkg. (4-serving size) JELL-O® Milk Chocolate or Chocolate Flavor Instant Pudding and Pie Filling®*
*4 squares BAKER'S® Semi-Sweet Chocolate, cut into small chunks*
*1 6-oz. pkg. KEEBLER® READY-CRUST® Brand Graham Cracker Pie Crust*
*®Or use Sugar Free Instant Pudding and Pie Filling.*

**1.** Thoroughly blend milk and ice cream in bowl. Add pie filling mix. Beat at lowest speed of electric mixer until blended, 1 minute. **2.** Fold in chocolate. Pour immediately into crust. Freeze until firm, 4 hours or overnight. **3.** Remove from freezer 30 minutes before serving and keep chilled in refrigerator. Garnish with whipped topping and shaved chocolate, if desired. Store any leftover pie in freezer.




## Another delicious recipe from The Jell-O® Pages.




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GENERAL FOODS

WIN MONEY FOR YOUR RECIPES

This Month's Winners, Pages 155, 156

# PRIZE TESTED RECIPES®

BETTER HOMES AND GARDENS TEST KITCHEN®

## THIS MONTH'S CATEGORIES

**Family-Style Coffee Cakes**
**Pasta Salads**

**What special coffee cake do you bake and serve hot from the oven for your family's breakfast or weekend brunch? What unique salad have you dreamed up that showcases some type of pasta?**

Write down and send us your original recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. The four top winning recipes will be photographed and featured on the Prize Tested Recipes® pages of *Better Homes and Gardens*® magazine next October. Each of the 10 winners will receive a certificate and six copies of the recipe that was submitted.

## HINTS TO HELP YOU

**Family-Style Coffee Cakes:** Your coffee cake can be either a quick-bread or a yeast-type cake. Do you start with a frozen or refrigerated bread dough product, or a box of roll or muffin mix? Do you make your coffee cake ahead, then bake it the next day? **Hints: 10-minute wheat 'n' honey cake, refrigerator-rise carrot coffee cake, apple custard coffee cake.**

**Pasta Salads:** Be creative when it comes to including pasta in either a main-dish or a side-dish salad! You can start with fresh, frozen, or dry pasta or even a package of pasta mix. Do you use a certain flavor of pasta, such as spinach or whole wheat? Do you add pasta to a favorite fruit salad? Perhaps you stir-fry a wilted salad with pasta. **Hints: Waldorf salad with cavatelli, lemon-basil chicken pasta salad, gazpacho rigatoni toss.**

## WINNERS IN THIS ISSUE

**$100 Winners**

J. Le Viness, Winsted, Conn.
Neila Whitbeck, Needham, Mass.

**$50 Winners**

Carolyn Barrow, Hayward, Calif.
Olive MacFarland, Florence, Oreg.

**Honor Roll Winners**

Marilyn Byrd, Jemez Springs, N. Mex.; Martinique Dusing, Williamsburg, N. Mex.; Rochelle Miles, Centerville, Utah; Pat Nelson, Moncks Corner, S.C.; Izetta Rudolph, Geneva, Ohio; Mary Santa, Ridgefield, Wash.

## CONTEST RULES

**1.** Clearly type or print your name, address, and recipe marked "October Family-Style Coffee Cakes" or "October Pasta Salads." **2.** Specify the brand names of the food products that you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, March 31, 1988. If any recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit the winning recipes. **7.** Address your recipes to "October Family-Style Coffee Cakes" or "October Pasta Salads," 8810 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation.





**Mini Meat Loaves 'N Vegetables**
***(Ready To Bake In Just 10 Easy Minutes)**

1½ pounds lean ground beef
½ teaspoon salt
1 egg
1 can (8 oz.) tomato sauce
½ teaspoon Durkee Italian Seasoning
1 can (2.8 oz.) Durkee French Fried Onions
6 small redskin potatoes, sliced thin
1 bag (16 oz.) frozen broccoli, corn, red pepper combination, thawed and drained

Combine meat, salt, egg, *½ can* tomato sauce, Italian seasoning and *½ can* French Fried Onions. In 9 x 13-inch baking dish, form 3 mini loaves. Place potatoes around loaves. Bake, covered, at 375° for 35 minutes. Place vegetables around loaves; stir to combine with the potatoes. Lightly season with salt and pepper, if desired. Top meat loaves with remaining tomato sauce. Bake, uncovered, 15 minutes. Top loaves with remaining onions; bake, uncovered, 5 minutes longer. Preparation time: 10 minutes MAKES 3 to 6 servings.

**MICROWAVE DIRECTIONS:** Prepare meat and potatoes as above except place in 8 x 12-inch baking dish and place potatoes under and around meat loaves. Cook, covered, on HIGH 10-13 minutes; turn halfway through cooking time. Add vegetables and top meat with sauce. Cook, covered, on HIGH 7 minutes. Top with remaining onions. Cook, uncovered, on HIGH 1 minute. Let stand 5 minutes before serving.

# FAT FACTS

## CRITICAL CHOICES IN COOKIE BAKING



STEVE BJÖRKMAN

**These fat facts prevent sticky situations.**

**Our Test Kitchen, after testing dozens of cookie recipes, has found that some solid fats are better than others in baking cookies. Though all fats make delicious cookies, some doughs require special handling.**

- **Refrigerated cookies:** Cookie doughs made with vegetable shortening, butter, margarine (except those made with corn oil), or butter-margarine blend can be sliced after chilling about 1 hour. Doughs made with corn oil margarine must be chilled about 3 hours to slice.
- **Rolled cookies:** For doughs made with vegetable shortening, butter, margarines (except those made with corn oil), and butter-margarine blends use the chilling times in the recipe. Chill doughs made with corn oil margarine at least 5 hours. After the specified chilling time, roll out the dough a quarter at a time. Keep remaining dough refrigerated.
- **Bar and drop cookies:** The type of fat you use makes no difference in the consistency of the batter or dough.

### DOS AND DON'TS

- Do use butter-margarine blends the same as you would use either butter or margarine.
- Don't use products labeled "spreads" and "diet." They won't produce a workable dough.
- Don't use soft-style tub products, including whipped butter and soft margarine; they have a high percentage of air whipped into them.
- Don't use liquid margarine for most cookie baking. BH&G


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# EASILY-THE-BEST TURKEY BREAST.

## EASILY-THE-BEST TURKEY BREAST.

1 large size (14" x 20") Reynolds® Oven Cooking Bag
1 tablespoon flour
5 to 8 lb. turkey breast, thawed
1 tablespoon vegetable oil
8 carrots, quartered
2 medium onions, quartered
2 stalks celery, sliced
Salt and pepper

Preheat oven to 325°F. Shake flour in Reynolds Oven Cooking Bag; place in 13x9x2-inch baking pan. Brush turkey with oil. Place in bag. Place carrots, onions and celery in bag around turkey; sprinkle with seasonings. Close bag with nylon tie; make 6 half-inch slits in top. Insert meat thermometer. Bake to 175°F or 1¾ to 2¾ hours. Let stand 15 minutes before serving. Makes: 4 to 8 servings.

### VARIATION: TURKEY BREAST WITH GINGERED SAUCE.

Increase flour to 2 tablespoons. Add two packages (⅞ oz. each) turkey gravy mix, ¾ cup orange juice, 1 teaspoon chicken bouillon granules and ¾ teaspoon ground ginger to bag. Squeeze bag to blend ingredients. Brush turkey with oil; place in bag. Eliminate celery and onions. Place carrots in bag around turkey. Bake as directed. Remove turkey and carrots from bag. Stir sauce until smooth.

For FREE recipes, write: The Reynolds Wrap Kitchens P.O. Box 27003, Department A-57 Richmond, VA 23261-2003.




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# CELEBRATION DINNER FOR TWO

## READY IN 30 MINUTES WITH HELP FROM YOUR MICROWAVE OVEN!

**MENU**
- *Salmon Steaks with Curry Sauce*
- *Broccoli Rice*
- *Bakery French bread*
- *Cheesecake with Chocolate-Liqueur Sauce*



SCOTT LITTLE

Celebrate with this easy and elegant dinner for two.

**On busy days, your microwave oven comes to the rescue. On special days, it comes in handy, too. This elegant meal for two lets you perfectly micro-cook fresh fish in minutes, leaving you plenty of time to spend with each other.**

### SALMON STEAKS WITH CURRY SAUCE

- 2 4-ounce fresh salmon *or* halibut steaks, cut ¾ to 1 inch thick
- 1 tablespoon dry sherry
- 2 teaspoons margarine *or* butter
- 2 teaspoons all-purpose flour
- 1 teaspoon dried snipped chives *or* dried parsley flakes
- ¼ teaspoon curry powder
- ⅛ teaspoon salt
- ½ cup milk
- 2 tablespoons peanuts, coarsely chopped (optional)

Place fish in an 8x8x2-inch microwave-safe baking dish. Sprinkle sherry over fish. Cover with vented clear plastic wrap. Micro-cook on 100% power (high) for 3 to 6 minutes or till fish just flakes when tested with a fork, turning fish over halfway through cooking. Let stand, covered, while preparing sauce.

For sauce, in a 2-cup glass measure cook margarine or butter, uncovered, on high for 30 to 40 seconds or till melted. Stir in flour, chives, curry powder, and salt. Stir in milk. Cook, uncovered, on high for 1 to 2 minutes or till thickened and bubbly, stirring every 30 seconds. To serve, transfer fish to dinner plates; spoon curry sauce over fish. Sprinkle fish with chopped peanuts, if desired. Makes 2 servings.

***Nutrition information per serving:*** 296 cal., 26 g pro., 6 g carbo., 17 g fat, 44 mg chol., 264 mg sodium, 558 mg potassium, and 0 g dietary fiber. U.S. RDA: 10% vit. A, 13% thiamine, 11% riboflavin, 42% niacin, 22% calcium, and 10% iron.

### TIMETABLE

**30 minutes ahead:** Look over your recipes then pull out all the ingredients and cooking equipment you'll need. Set the table, complete with candles and fancy napkins.

**20 minutes ahead:** First, cook the rice. Cover it to keep it warm while you make the rest of the meal. You're halfway there!

**15 minutes ahead:** Next, cook the salmon. Cover and keep warm while you micro-cook the sauce.

**10 minutes ahead:** Cook up the curry sauce. Dessert is next.

**5 minutes ahead:** You're on the last step! Stir together and heat the chocolate sauce to pool over rich slices of cheesecake.

**That's it!** Light the candles, pop open the champagne, and enjoy!

### BROCCOLI RICE

*Save time by cooking your rice and vegetable together—*

- ¼ cup quick-cooking rice
- ¼ cup water
- 1 tablespoon margarine *or* butter
- ½ teaspoon instant chicken bouillon granules
- 1 cup broccoli flowerets

In a 1-quart microwave-safe casserole combine rice, water, margarine or butter, and bouillon granules. Place broccoli on top. Micro-cook, covered, on 100% power (high) for 4 to 6 minutes or till broccoli is tender. Let stand, covered, while preparing fish. To serve, drain rice mixture, if necessary. Makes 2 servings.

***Nutrition information per serving:*** 109 cal., 2 g pro., 12 g carbo., 6 g fat, 1 mg chol., 171 mg sodium, 141 mg potassium, 2 g dietary fiber. U.S. RDA: 17% vit. A, 45% vit. C.

### CHEESECAKE WITH CHOCOLATE-LIQUEUR SAUCE

*Instead of cheesecake, next time try this luscious sauce over vanilla ice cream—*

- ¼ cup fudge ice-cream topping
- 1 teaspoon orange *or* coffee liqueur
- 2 slices frozen cheesecake, thawed

In a 1-cup glass measure stir together ice-cream topping and liqueur. Micro-cook, uncovered, on 100% power (high) for 30 to 45 seconds or till hot. Stir. Let stand, covered, till ready to serve. If necessary, reheat, uncovered, on high for 30 seconds before serving. To serve, spoon sauce over cheesecake. Makes 2 servings.

***Nutrition information per serving:*** 361 cal.,7 g pro., 49 g carbo., 16 g fat, 151 mg chol., 187 mg sodium, 106 mg potassium. U.S. RDA: 12% riboflavin, 10% calcium.

# TILE WITH STYLE

## IDEA STARTERS FOR TODAY'S TILE



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### Ideas to start you styling

- **Surface windowsills with tile** to make them a design element. Or, if your house is bereft of woodwork, frame an entire window with tile. For a southwestern flavor, run terra-cotta around a doorway.
- **Create a perimeter of tile** around wood floors in a dining room, living room, or family room. This nicely defines spaces in an open floor plan.
- **Extend floor tile to the outdoors** to create visual continuity. This works well if you have a family room or dining room that opens onto a terrace or patio. Use textured tiles with a matte finish; smooth tiles are slippery when wet.
- **Use marble or granite look-alikes** to frame a fireplace, surface a hearth, or top a counter. You'll duplicate the look of the real thing without having to pay a stone mason for installation.
- **Use rectangular tiles** to make a room seem taller or wider. When installed on walls vertically, the room seems taller; when installed horizontally, the room seems wider. You can also use rectangular tile to create diagonal stripes or to achieve a plaid, herringbone, or basket-weave effect.




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# EDMONTON'S INCREDIBLE SHOPPING MALL

*This article continues the Canadian parklands family vacation feature that begins on page 176.*

**Where can you take a hair-raising roller-coaster ride, test your surfing skills on artificially created, 6-foot waves, and buy anything from peanuts to designer clothes to cars—without ever going outside? Visit the world's largest shopping mall in Edmonton, Alberta, Canada. With five million square feet, it's an entire vacation destination under one roof! The mall is just one of the attractions in Edmonton that make it a great family getaway.**

## MORE THAN STORES

Start in the center of the mall at Fantasyland Amusement Park. Kids will love the 14-story roller coaster and the 13-story vertical free-fall "Drop of Doom." A submarine takes you under an artificial lake, where a replica of a reef features sharks and other fish.

Nearby, at the five-acre World Waterpark, the weather stays 90 degrees and sunny year-round, just right for a relaxing swim or a plunge down one of 22 water slides.

You can also play miniature golf on a course designed to look like Pebble Beach or ice skate on a regulation hockey rink (it's the practice rink of championship Edmonton Oilers hockey team).

Lest you get bored, the mall also has live dolphin shows, exotic-bird aviaries, a petting zoo, a million dollars' worth of art, and 19 movie theaters.

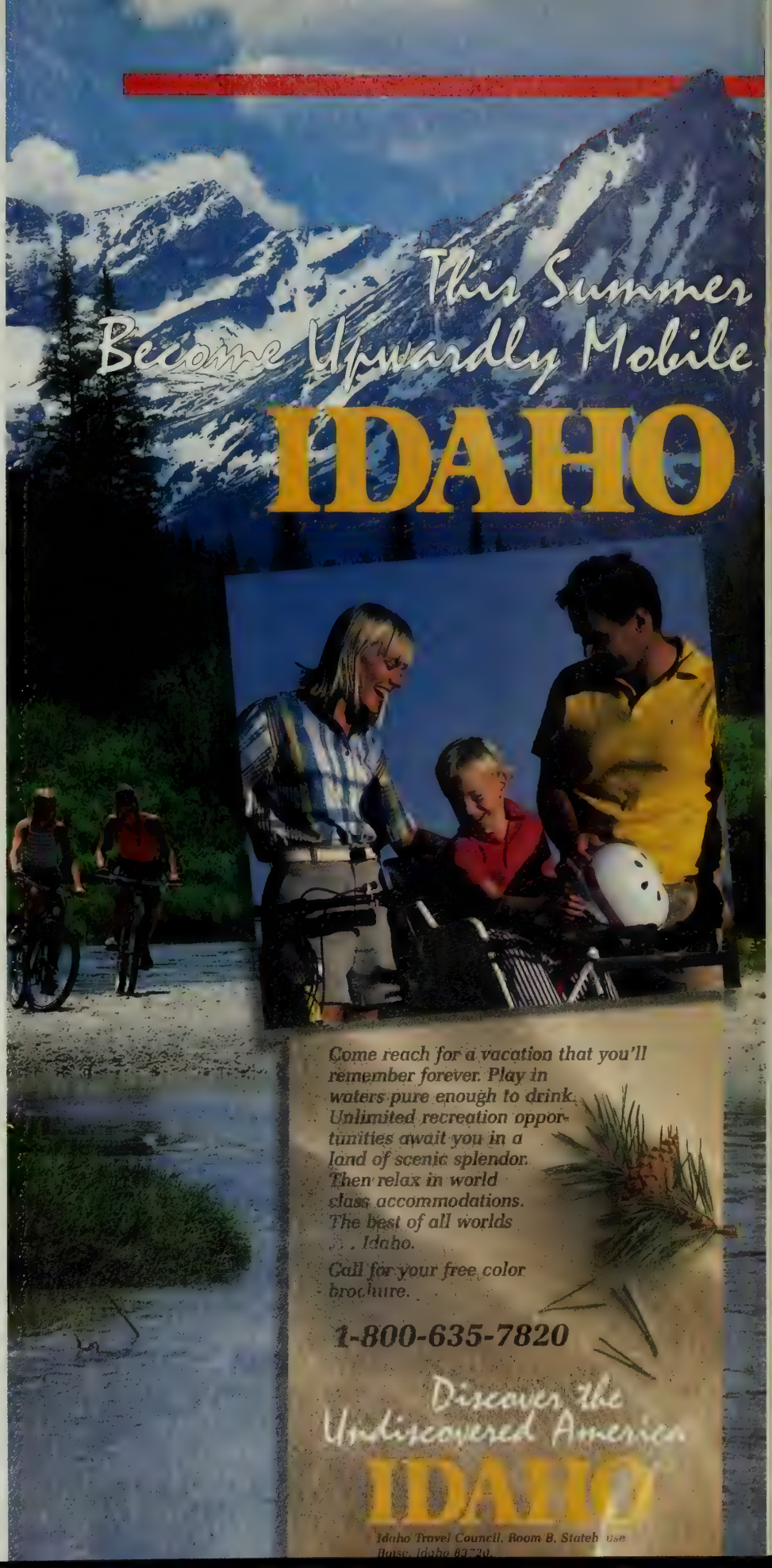
## SHOPPING AND ENTERTAINMENT

The 828 stores offer everything from diamonds to dog foods. There are 219

*continued on page M2*

## TRAVEL PLANNING

**See page M4 for a listing of free travel information and literature you can order.**





# Don't fly 5,000 mi

A lot of people come thousands of miles across the Pacific and only see a bit of Hawaii. That's because they're too busy with taxis, commuter airlines and packing and unpacking.

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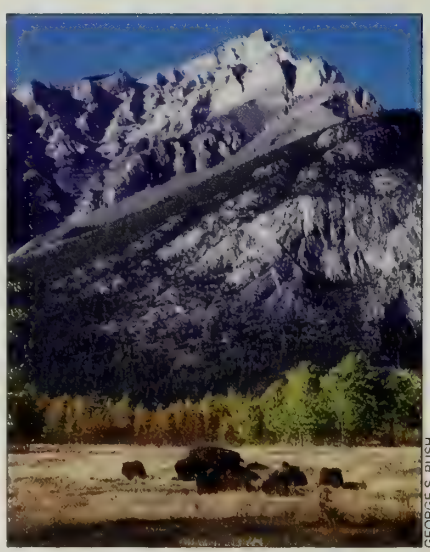
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ladies fashion stores, 70 menswear stores, 55 shoe stores, and 11 major department stores. Some stores are part of themed entertainment areas. On Europa Boulevard, upscale designer shops and boutiques, such as Polo and St. Laurent, are clustered in an area suggestive of a Parisian boulevard. A recreation of New Orleans' Bourbon Street offers jazz, blues, and Dixieland music, plus creole and Cajun cooking.

Don't worry if walking the mall tires you out, motorized carts are available for rent, or you can take an authentic rickshaw. **For more information contact: *The West Edmonton Mall, No. 2872, Dept. BHG, 8770-170 St., Edmonton, Alberta T5T 3J7, Canada (800/661-8890).***

### WHERE TO STAY

Still inside the mall, the Fantasyland Hotel has 120 theme rooms—of the 360 in the hotel. Stay in the Truck room with a bed fashioned from the back of a real pickup truck. The Hollywood room features '50s-style neon sculptures and a carpet aglow from thousands of tiny twinkling lights. Inside the Polynesian room, a water-spouting volcano fills a lava-rock whirlpool bath. During summer, reserve rooms at least three weeks in advance. ***Call 403/444-3000.***


GEORGE S. BUSH

**Buffaloes roam the foothills of the majestic Canadian Rockies.**

In and around Edmonton, there are plenty of available hotels/motels, campgrounds, and recreational-vehicle parks. **For information on hotels, camping, and area attractions, contact: *Travel Alberta, 15th Floor, Dept. BHG, 10025 Jasper Ave., Edmonton, Alberta T5J 3Z3, Canada (800/661-8888).***

### ELSEWHERE IN EDMONTON

There's a lot more to see in the city than a shopping mall. Visit Fort Edmonton Park, a living museum that recreates the city's pioneer past.

Other recommended spots include: the Ukrainian Cultural Heritage Village, the Legislative Building, the Provincial Museum, the Edmonton Space Sciences Centre, the Government House, the Muttart Conservatory, and Elk Island National Park.

Summertime brings several festivals




aerobics to native Hawaiian crafts. You can even learn the ukulele. Of course, if you like, you can simply find a nice sunny spot (we have lots of them) and diligently work on a great tan.

In the evenings there's dining, dancing and terrific shows. One night it might be a high-stepping revue of your favorite Broadway tunes, the next night, vaudeville makes a comeback. All the while our all American staff will attend to your every whim, from Mai Tais to massage. But, whatever you choose to do, you can rest assured that it will be done in American Hawaii's casually elegant, unstuffy style.

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to the city, including the Heritage Festival, which celebrates Edmonton's many ethnic communities. The town's early days as a frontier outpost and gateway to the Yukon gold rush set the stage for the Klondike Days Festival and Exposition. **For information contact: *The Edmonton Convention and Tourism Authority, 9797 Jasper Ave., No. 104, Dept. BHG, Edmonton, Alberta T5J 1N9, Canada (403/422-5505 or 403/426-4715).***

## GETTING THERE

Edmonton lies 320 miles north of the U.S.-Canada border. If you're driving, take the east/west Yellowhead Highway (Hwy. 16) and Highway 2, which goes north and south. Make airline or rail connections through a travel agent.

## ELSEWHERE IN ALBERTA

On your way to or from Edmonton, take in Calgary, the host city of the 1988 Winter Olympics. Another idea is the resort town of Jasper, set high in the Canadian Rockies of western Alberta not far from British Columbia. It's a four-hour drive from Edmonton on the Yellowhead Highway but worth the trip. Once you're there, you can hike or backpack, ride horseback, canoe, wind surf or kayak. The scenic Icefields Parkway runs through the Rockies from Jasper to Lake Louise.



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**Test the cool, clear waters of Canada's glacial lakes.**

Just over an hour's drive south from Jasper is the Columbia Icefield, a glacier that covers 130 square miles. A 45-minute Snowcoach tour will take you right out on the Althabasca Glacier. Bring a glass with you and take a drink of the purest water you'll ever have. An hour southeast of Jasper is Maligne Lake, one of the largest glacier-fed lakes in the world. Sight-seeing boats take families on two-hour cruises past the glaciers to Spirit Island.

## WHERE TO STAY IN JASPER

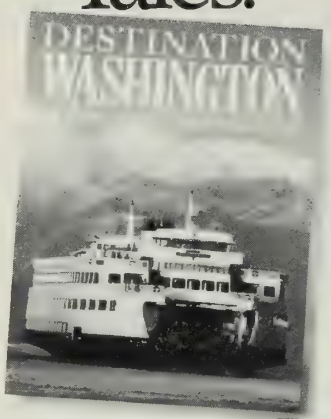
There is a wide variety of hotels, motels and bungalows. Or you can camp in any of 1,700 sites—from full-service to primitive—in the area's 10 campgrounds. ***For more information contact: The Jasper Park Chamber of Commerce, Box 98, Jasper, Alberta T0E 1E0, Canada (403/852-3858).*** BH&G

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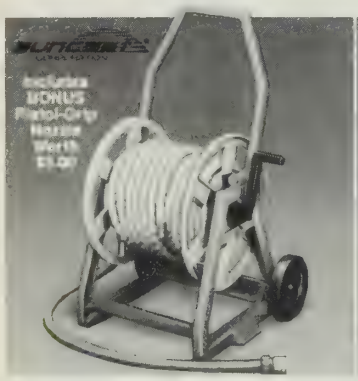
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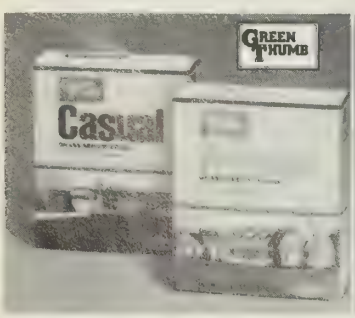

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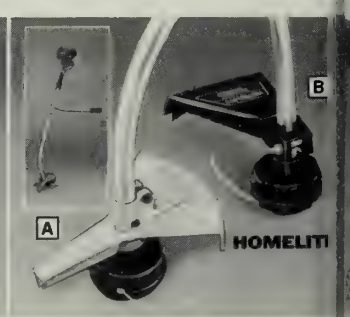

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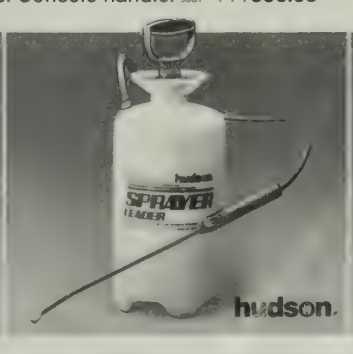

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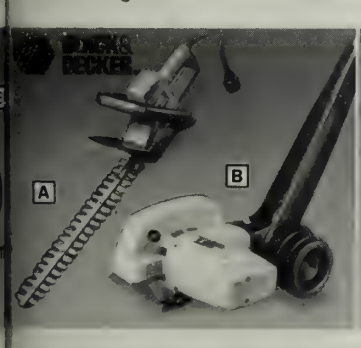

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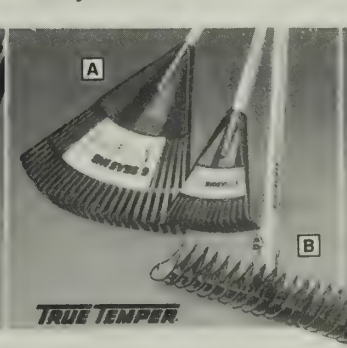

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- Cover chicken that has the skin on *or* ground meat to prevent spatters during cooking
- Cover a crumb-topped casserole to prevent spatters during cooking without steaming the topping.

FOOD

# HOMEMADE GRANOLA

## NATURE'S NO-JUNK SNACK FOOD



SCOTT LITTLE

Grab a handful for an energy boost.

**Good news, snackers. This nutritious and satisfying, on-call treat is ready when hunger strikes.**

### HONEY-OAT GRANOLA

*You'll find many of the ingredients at your health food store—*

- **2½ cups rolled oats**
- **1½ cups raw wheat germ**
- **½ cup unsweetened coconut chips**
- **½ cup sesame seed**
- **½ cup unsalted dry roasted sunflower nuts**
- **½ cup unprocessed wheat bran (Miller's bran)**
- **¼ cup nonfat dry milk powder**
- **¼ cup soy flour**
- **1 tablespoon brewers' yeast**
- **1 teaspoon ground cinnamon**
- **½ cup cooking oil**
- **½ cup honey**
- **1 cup raisins, chopped dates, *or* other chopped dried fruit**

In a large bowl combine first 10 ingredients. In a small bowl combine oil and honey. Add to dry mixture; toss well. Spread evenly in a 15½x10x2-inch baking pan. Bake in a 300° oven 45 minutes or till toasted, stirring every 15 minutes. Stir in the raisins or chopped fruit. Makes 8 cups.

***Nutrition information per ½-cup serving:*** 272 cal., 8 g pro., 34 g carbo., 13 g fat, 0 mg chol., 15 mg sodium, 353 mg potassium, 2 g dietary fiber.

# The Fact That Butter Has No More Calories Than Margarine Is Only Half The Story...



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# Here's The Other Half.

*Creamery butter melting on a hot blueberry muffin. Can't you just taste it? That's because only butter brings out the flavor of most everything it touches. And that's the whole, delicious story.*

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# NO-CARVE CORNISH HENS

## EASY TO MAKE AHEAD; ELEGANT TO SERVE

### CORNISH HENS WITH ORANGE STUFFING

- 1 orange *or* tangelo
- ¼ cup sliced green onion
- ¼ cup chopped celery
- 1 tablespoon cooking oil
- ½ of a 6-ounce package (1½ cups) seasoned stuffing mix
- 2 1- to 1½-pound Cornish game hens, thawed and split lengthwise
- 1 tablespoon honey

Finely shred *¼ teaspoon* peel from orange; remove and discard remaining peel. Section orange over a bowl, squeezing out juices. Halve sections; set aside. Add water to juices to equal *3 tablespoons.*

In a small saucepan cook green onion and celery in hot oil till tender but not brown. For stuffing, in a large bowl toss together peel, orange sections, onion mixture, stuffing mix, and enough of the juice mixture to moisten.



MIKE DIETER

**A special, no-carve poultry entrée.**

In a 15x10x1-inch baking pan spoon stuffing into 4 mounds. If desired, cover and chill overnight.

To roast, rinse hens; pat dry with paper towels. Place hens, cavity side down, over stuffing. Cover loosely with foil. Roast in a 375° oven for 30 minutes. Uncover and roast for 20 minutes more. Stir together honey and 1 tablespoon *water;* brush mixture over hens. Roast, uncovered, for 15 minutes more or till hens are tender. Use a wide spatula to transfer hens and stuffing to dinner plates. Makes 4 servings.

***Nutrition information per serving:*** 335 cal., 32 g pro., 25 g carbo., 12 g fat, 86 mg chol., 375 mg sodium, 396 mg potassium, 1 g dietary fiber. U.S. RDA: 22% vit. C, 11% thiamine, 15% riboflavin, 50% niacin, 12% iron.

# EXTRA-EASY JAMS AND PRESERVES

## START WITH FROZEN FRUIT

**How sweet it is! There's no rinsing, peeling, pitting, or chopping for the special fruit spreads shown here, because they start with always-available frozen fruit. That makes these spreads super simple, and ones you can enjoy year-round.**




SCOTT LITTLE

**These simply delightful fruit spreads sweeten up breakfast breads as well as peanut butter sandwiches.**

### APRICOT-RASPBERRY JAM

*A tasty combination—*

- **2 12-ounce packages (6 cups) frozen unsweetened red raspberries**
- **3 cups sugar**
- **1 21-ounce can apricot *or* peach pie filling**
- **1 3-ounce package lemon-flavored gelatin**

In a 4½-quart Dutch oven cook and stir the raspberries and sugar over low heat till sugar is dissolved. Bring to a boil; reduce heat. Boil gently, uncovered, for 10 minutes, stirring often. Cut up any large fruit in pie filling. Stir pie filling and gelatin into raspberry mixture. Return to boiling, stirring constantly. Remove from heat. Ladle into hot, clean half-pint jars, leaving ¼-inch headspace. Cover. Store in the refrigerator for up to 1 month. *Or,* ladle into freezer containers. Cool, seal, label, and freeze. Makes about 6 half-pints.

***Nutrition information per tablespoon:*** 41 cal., 10 g carbo., 4 mg sodium, 13 mg potassium, 1 g dietary fiber.



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## RHUBARB-BLUEBERRY PRESERVES

*Try this sweet and tart spread over ice cream for a yummy dessert—*

**1 16-ounce package (4 cups) frozen unsweetened sliced rhubarb**
**1 cup frozen blueberries**
**1 cup water**
**1 1¾-ounce package regular powdered fruit pectin**
**6½ cups sugar**

In an 8- or 10-quart kettle stir together the rhubarb, blueberries, and water. Bring the mixture to boiling. Stir in the pectin. Return the mixture to a full boil, stirring constantly to prevent the fruit from sticking and scorching. Stir in the sugar all at once. Bring the mixture to a full rolling boil that cannot be stirred down. Boil hard for 1 minute, stirring constantly.

Remove kettle from heat; quickly skim off any foam that may have formed with a large metal spoon. Ladle preserves at once into hot, clean half-pint jars, leaving a ¼-inch headspace. Use a funnel to help prevent spills. Wipe jar rims with a damp cloth to remove any preserves that may have dripped; adjust lids. Process in a boiling water bath for 15 minutes (start timing when the water boils). Makes about 7 half-pints.

***Nutrition information per tablespoon:*** 48 cal., 0 g pro., 12 g carbo., 0 g fat, 0 mg chol., 0 mg sodium, and 6 mg potassium.

## SPICED PEACH PRESERVES

*A hint of nutmeg spices up this golden spread—*

**6 cups frozen unsweetened peach slices**
**2 tablespoons lemon juice**
**1 1¾-ounce package regular powdered fruit pectin**
**5½ cups sugar**
**¼ teaspoon ground nutmeg**

In a 6- or 8-quart kettle or Dutch oven stir together the peaches and lemon juice. Bring to boiling; reduce heat. Simmer, covered, for 5 to 7 minutes or till peaches are very tender. Mash peaches. Stir in pectin. Bring the mixture to a boil that cannot be stirred down, stirring constantly. Stir in the sugar and nutmeg all at once. Return to a full boil. Boil hard for 1 minute, stirring the mixture constantly.

Remove from heat; quickly skim off any foam that may have formed with a large metal spoon. Ladle preserves at once into hot, clean half-pint jars, leaving a ¼-inch headspace. Use a funnel to help prevent spills. Wipe jar rims with a damp cloth to remove any preserves that may have dripped; adjust lids. Process in boiling water bath for 15 minutes (start timing when water boils). While preserves cool, turn jars upside down occasionally to prevent fruit from floating to the surface. Makes about 6 half-pints.

***Nutrition information per tablespoon:*** 50 cal., 0 g pro., 13 g carbo., 0 g fat, 0 mg chol., 0 mg sodium, 22 mg potassium. BH&G





# QUICK FIX FOR NAIL HOLES

*How to patch like a pro*

### PLUG PAINTED MOLDING

The new, no-shrink spackling compounds are an easy-to-use alternative to regular spackling compound or synthetic wood. They don't shrink, so repeated applications are unnecessary. For small jobs around the home, press the material in place and spot-paint when dry—usually within 30 minutes.

### MATCH STAINED MOLDING

Buy colored filler putty in a stick or can. Rub the putty into the hole, smooth it over, and wipe away residue with a damp cloth. Even with the stick filler, you can blend two colors to match your stain exactly: just pinch off a bead of each color, warm them in your hand, and mix. Then apply as you would one color.

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# WINTER CARE FOR SPOT AND PUFF

**Don't overlook the family pet this winter. Dogs and cats deserve special care and attention when snows blow and temperatures plummet.**

### SEVEN WARMING HINTS:

**1. Feed more at chow time.** In winter, outdoor dogs may need more food than usual. Dish out those extra rations in two or three meals daily.

**2. Keep up the exercise,** but use caution. Make walks brisk and brief. Wash your pet's feet after outings. Salt and chemical ice "melters" can make cats and dogs sick if they lick their feet. Trimming hair between your dog's toes helps keep ice and salt from sticking.

**3. Dress your pet for the weather.** Short-haired dogs and small breeds especially appreciate the warmth of outdoor cover-ups like sweaters.

**4. Groom with gusto.** Indoor heat and crisp outdoor air dry your pet's skin. Vigorous brushing stimulates natural oils. Go easy on baths in winter. If you must bathe your pet, consider a dry shampoo for pets. Adding a little animal fat to your pet's food helps prevent dry skin.

**5. Protect from poisoning.** Pets love the taste of antifreeze, but even a small puddle can kill a dog or cat. Keep containers sealed and out of reach. Check for leaks, and wipe up spills.

**6. Don't let sleeping cats lie.** Warm engines of parked cars attract cats. On cold days, bang on your car hood before starting your engine to arouse any feline that may be snoozing.

**7. Watch for trouble.** Upper respiratory disease and distemper are common in winter. If your pet shows symptoms—watery eyes or nose, coughing, loss of appetite, diarrhea, or vomiting—see your veterinarian.

# BRIGHT IDEAS

## PICKING THE RIGHT LIGHT



COURTESY OF BALDWIN HARDWARE CORPORATION

**Style, size, and placement are all important to picking proper lighting.**

**With so many types available, it's tough to know how to put your home in the best light. Here's help.**

### GET IN THE MOOD

Before you buy, decide whether your room calls for decorative or functional lighting—or both. For a winning dramatic performance, use a mix of low-wattage lights. Create moody pools of light by adding wall sconces or clip-on spotlights for artwork. This technique outshines standard formulas, such as a table lamp at each end of the sofa.

### SEE THE LIGHT

Functional lighting—used for reading or other close work—needs extra consideration. Style is always a factor, but also look for characteristics that reduce glare and eyestrain. Here are some ideas from Baldwin Hardware:

- Choose a table or floor lamp with a translucent shade and a soft white bulb of high wattage (100 to 200 watts).
- Place the lamp 20 inches to one side of the center of your project.
- Line up the base of the lamp with your shoulder when you're comfortably seated, and make sure the shade's lower edge is at eye level.



# THE LOWDOWN ON LAMINATES

**Once chained to the countertop, laminate now covers furniture. Here are some handy tips:**

**WHEN SHOPPING . . .**

- Test for a solid frame. Lean on the piece to see that it doesn't wiggle. Any movement will loosen laminate.
- Check for smoothness. Small bubbles mean dust or air was trapped beneath the laminate during gluing. These areas will lift or crack.
- Pay attention to the piece's edges. They should be smooth, with no overlap that can catch and lift.

**WHEN CLEANING . . .**

- Remove most soiled spots with a damp cloth and ordinary soap.
- Battle tough stains with strong detergents; they won't harm laminate.
- Use care with scorching items or cigarettes. Laminate resists nicks and scratches, but burns easily.




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Original lifestyle #34

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**½ of a 6-ounce package (½ cup) peanut-butter-flavored pieces**
**¼ cup coarsely chopped walnuts**

In a small mixer bowl beat cake mix and sour cream with an electric mixer on medium speed about 2 minutes or till smooth and creamy. Stir in peanut-butter-flavored pieces and nuts. Drop by rounded teaspoonfuls 2 inches apart onto a greased cookie sheet. Bake in a 350° oven 10 to 12 minutes or till set. Cool on cookie sheet for 1 minute, then remove and cool thoroughly on wire racks. Store in a tightly covered container. Makes about 36.

***Nutrition information per cookie:*** 61 cal., 2 g pro., 7 g carbo., 3 g fat, 3 mg chol., 70 mg sodium.

## COCONUT-CRACKER SNACKS

*Drizzling the sugar mixture all over the surface of the crackers prevents dry edges—*

**36 saltine crackers**
**⅓ cup margarine *or* butter**
**⅓ cup packed brown sugar**
**1 cup coconut**

Line a cookie sheet with foil; top with crackers side by side in a single layer. In a small saucepan melt margarine or butter. Stir in sugar; cook and stir for 1 minute. Drizzle over entire surface of crackers. Sprinkle with coconut. Bake in a 350° oven 8 to 10 minutes or till coconut is golden. Cool on the cookie sheet on a cooling rack. Store in an airtight container up to 1 week. Makes 36.

***Nutrition information per cookie:*** 46 cal., 0 g pro., 5 g carbo., 3 g fat, 0 mg chol., 57 mg sodium. BH&G

FOOD

# QUICK-FIX COOKIES

## ONLY FOUR INGREDIENTS MAKE 'EM SUPER-SIMPLE, UNDENIABLY DELICIOUS!



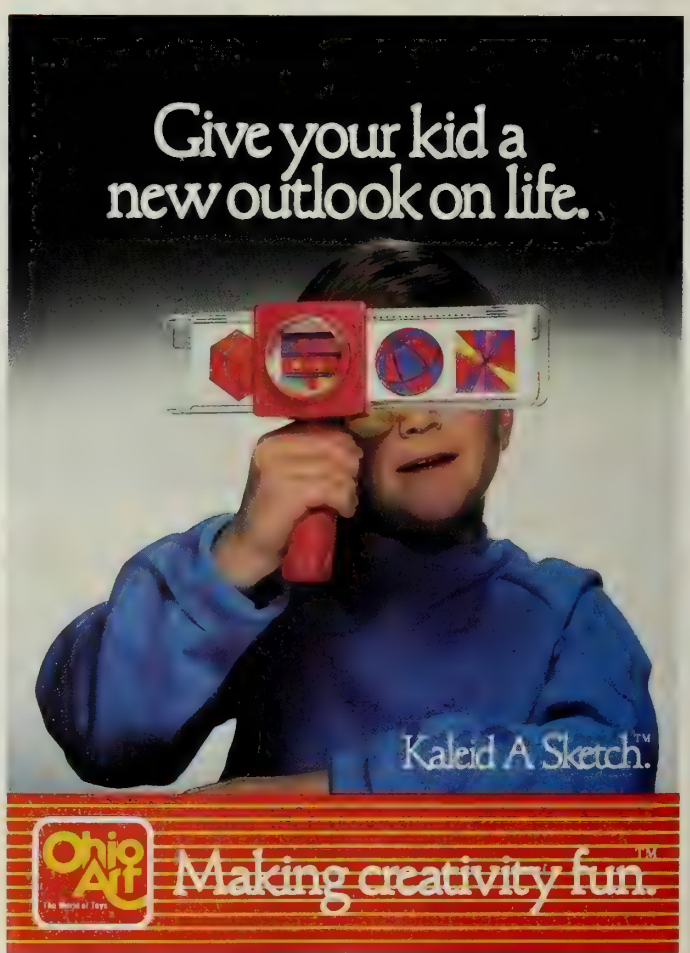
SCOTT LITTLE

**With cookies this simple, it's easy to offer two choices.**

## FUDGE-NUT COOKIES

*So moist and chewy, no one will ever guess you started with a convenient cake mix—*

**1 package 1-layer-size dark fudge cake mix**
**1 8-ounce carton dairy sour cream**



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FOOD

# CITRUS FROST

## LUSIOUS, LOW-CALORIE, MAKE-AHEAD DESSERT



SCOTT LITTLE

**Luscious Citrus Frost—make it lemon, orange, or lime!**

**For most of us, the best of both worlds means a rich-tasting, satisfying dessert that's also low in calories and fat. Well, go ahead and enjoy, because here it is!**

### LUSCIOUS CITRUS FROST

*This dessert is not just for dieters. Serve it to the whole family; they'll love the tangy citrus flavor and the creamy sherbetlike texture. Keep it in the freezer for an after-school snack—*

**1 egg white**
**⅓ cup nonfat dry milk powder**
**⅓ cup water**
**1 slightly beaten egg yolk**
**⅓ cup sugar**
**¼ teaspoon finely shredded lemon, lime, *or* orange peel**
**2 to 3 tablespoons lemon, lime, *or* orange juice**
**Dash salt**
**Food coloring (optional)***

In a small mixer bowl combine egg white, milk powder, and water. Beat with an electric mixer on high speed till stiff peaks form (tips stand straight). In a small mixing bowl stir together egg yolk, sugar, citrus peel, citrus juice, salt, and desired food coloring. Fold into egg white mixture till combined. Spoon into a 9x5x3-inch loaf pan. Cover and freeze for several hours or till firm. Scoop or cut into squares to serve. Makes 6 servings.

***Note:** To give Luscious Citrus Frost a deeper color, add 1 to 2 drops of green or yellow food coloring for the lime- or lemon-flavored frost. For orange-flavored frost, follow package directions to achieve the correct color or use 1 drop of red and 5 drops of yellow food coloring to create an orange color.

***Nutrition information per serving:*** 78 cal., 3 g pro., 15 g carbo., 1 g fat, 46 mg chol., 64 mg sodium.

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Place one-half an orange slice into a demitasse cup. Pour rich Medaglia d'Oro espresso over orange slice. Add a teaspoon of chocolate syrup and top with whipped cream. Fleck with grated orange rind.

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# CRUNCHY CANDIES KIDS CAN MAKE

**Put your kids in the kitchen at snack time! Let them in on the cooking action with a tasty treat they can make from their favorite ingredients. Microwave steps make it so quick, they'll be snacking in minutes.**



SCOTT LITTLE

**Chow mein noodles, cereal, and peanuts add the crunch.**

## EQUIPMENT LIST

- baking sheet
- waxed paper
- can opener
- large mixing bowl
- mixing spoon
- 1-quart microwave-safe bowl or 2-cup liquid measuring cup
- spatula
- solids measuring cups
- kitchen scissors
- small mixing spoon
- 2 tablespoons
- large, covered storage container

## BUTTERSCOTCH CRUNCHERS

*These candies can be made without a microwave: melt the butterscotch pieces in a double boiler over medium-high heat and stir in the peanut butter—*

- 1 3-ounce can chow mein noodles
- 1 cup puffed wheat cereal *or* other ready-to-eat cereal
- ½ cup peanuts
- ½ cup tiny marshmallows
- ½ cup raisins
- ½ cup peanut butter
- 1 6-ounce package butterscotch pieces (1 cup)

**STEP 1:** Cover a baking sheet with waxed paper. Set aside.

**STEP 2:** Open can of chow mein noodles with a can opener. Add noodles, cereal, peanuts, marshmallows, and raisins to a large mixing bowl; stir.

**STEP 3:** With a spatula, measure peanut butter into ½-cup measuring cup; set aside. Open package of butterscotch pieces with kitchen scissors; pour into a microwave-safe bowl. Add peanut butter to butterscotch pieces; do not cover. Place in a microwave oven; shut the oven door. Set on 100% power (HIGH). Set the microwave oven timer for 1 minute and 15 seconds; push the start button. Stir mixture till smooth.

**STEP 4:** Pour melted mixture over the cereal in the bowl. Stir till pieces are coated. Drop by tablespoon onto waxed paper. Chill. Store in a covered container in the refrigerator. Makes 36.

***Nutrition information per serving:*** 78 cal., 2 g pro., 8 g carbo., 5 g fat, and 46 mg sodium.


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# BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

**GOURMET CROPS**
**Pint-Size Produce From a Pint-Size Plot**

**Pages 37–42: Baby vegetable seeds**—The Cook's Garden, Box 65, Londonderry, VT 05148. Johnny's Selected Seeds, Foss Hill Rd., Albion, ME 04910. George W. Park Seed Co., Inc., P.O. Box 31, Greenwood, SC 29647. Shepherd's Garden Seeds, 7389 West Zayante Rd., Felton, CA 95018. Vermont Bean Seed Co., Garden Ln., Bomoseen, VT 05732.

**ADDING ON!**
**Three *Better Homes and Gardens* Families Remodel Their Homes**

**Page 108: Patio furniture,** "EMU," import from Italy—Workbench, 470 Park Ave., S, New York, NY 10016. **Windsock** — Wind Related, Hamilton, MT 59840. **Page 109 (*top*): Range, dishwasher, microwave** — The Maytag Co., 403 W. Fourth St., N, Newton, IA 50208. **Refrigerator** — Admiral, Div. of Magic Chef, Inc., 1701 E. Woodland Road, Schaumburg, IL 60172. **Countertops** — Formica, Sub. of American Cyanamid, 1 Cyanamid Plaza, Wayne, NJ 07470. **Stools** — Workbench, 470 Park Ave., S, New York, NY 10016. **Paddle fan/light**—Casablanca Fan Co., 64 E. Colorado Blvd., Pasadena, CA 91109. **Sink**—Kohler Co., Kohler, WI 53044. **Faucet**—American Standard, P.O. Box 2003, New Brunswick, NJ 08903. **Television** — Montgomery Ward & Co., 618 W. Chicago Ave., Chicago, IL 60610. **Lighting** — Juno Lighting, Inc., 2489 S. Wolf Rd., Des Plaines, IL 60018. **Skylight**—Velux-America, Inc., P.O. Box 3268, Greenwood, SC 29648. **(*Bottom*): Window coverings**—Kirsch Co., 309 Prospect, Sturgis, MI 49091. **Windows**—WENCO Century Windows, Mount Vernon, OH 43050. **Fireplace**—Preway, Wisconsin Rapids, WI 54494. **Tile on hearth,** "Frenza"—Italy-Monoceram, 3811 NE. Second Ave., Miami, FL 33137. **Love seat, chair, cocktail table, end table, lamps, dhurrie rug, game table and chairs, black chair**—Workbench (address above). **Baskets, vases on mantel, wooden decoy**—Expressions, Governor's Square, 1751 28th Street, No. 312, West Des Moines, IA 50265.

**Page 111: Coffeepot**—Toshiba America, Inc., Microwave Div., 82 Totowa Rd., Wayne, NJ 07470. **Coffee service**—Denby Ltd. Inc., 130 Campus Plaza, Edison, NJ 00817. **Dishwasher**—The Maytag Co., 403 W. Fourth St., N, Newton, IA 50208. **Range**—Jenn-Aire, 3035 Shadeland Ave., Indianapolis, IN 46226. **Refrigerator**—Frigidaire Div. of General Motors Corp., Dayton, OH 45401. **Computer**—Apple Computer, Inc., 10275 De Anza Blvd., Cupertino, CA 95014. **Blinds**—Graber Co., Graber Plaza, Middleton, WI 53562. **Floor tile**—Structural Stoneware Inc., Minerva, OH 44657. **Windows**—Marvin Windows, P.O. Box 100, Warroad, MN 56763. **(*Bottom*): Chairs**—Century Furniture Co., Hickory, NC 28601. **Blinds**—Graber Company (address above). **Fabric on windows, chairs,** "Avalanche" in platinum by Schumacher—Waverly Decorative Fabrics, 79 Madison Avenue, New York, NY 10016.

**Page 112: Patio furniture,** "Nomad"—Brown Jordan Co., 9860 Gridley, El Monte, CA 91734.

**Page 113 (*top*): Blanket on sofa,** "Faribo"—Faribault Woolen Mills, P.O. Box 369, Faribault, MN 55021. **Countertop,** COLORCORE® — Formica Corp., Sub. of American Cyanamid, 1 Cyanamid Plaza, Wayne, NJ 07470. **Tube light over cook island, fan**—Lightolier Inc., 346 Claremont Ave., Jersey City, NJ 07305. **Cabinets**—Plato Cabinets, Plato, MN 55370. **Floor tile**—Italy-Monoceram (address above). **Ovens, cooktop, dishwasher, refrigerator** — Whirlpool Corp., U.S. 33, N, Benton Harbor, MI 49022. **Blue hutch/secretary** — Expressions (address above). **(*Bottom*): Sofa, cocktail table, end table, lamp, rattan chair, dhurrie rug, vase on mantel, basket, eggs, pig**—Expressions (address above). **Windows** — Marvin Windows, P.O. Box 100, Warroad, MN 56763.

**DECORATING Q & A**
**Easy Solutions to Common Problems**

**Pages 114–115 (*top left*): Chairs,** Model KIS 5 & 7 — Trade Associates Group Ltd., 1476 Merchandise Mart, Chicago, IL 60654. **(*Right*): Table**—Knoll International, 655 Madison Ave., New York, NY 10021. **Window treatments** — Hessler Vertical Blinds, 710 N. Tucker Blvd., St. Louis, MO 63101.

**Pages 116–117 (*top left and right*): Carpet,** Anso V Worry-Free Carpet—Philadelphia, P.O. Box 429, Old Mill Rd., Cartersville, GA 30120. **Window treatments**—Levolor Lorentzen, 1 Upper Pond Rd., Parsippany, NJ 07054. **Metal chair**—ICF 305 E. 63rd St., Seventh Flr., New York, NY 10021. **Track lighting** — Lightolier, 100 Lighting Way, Secaucus, NJ 07094. **Desk lamp**—Artemide, International Design Center, 528 Center One, 30-30 Thomson Ave., Long Island City, NY 11101. **Surfacing material,** COLORCORE® — Formica Corp., 1 Stanford Rd., Piscataway, NJ 08854. **(*Center*): Sofa**—Scandinavian Design, 57 Boylston St., Cambridge, MA. 02142. **Pillow fabric** — Pierre Deux, 870 Madison Ave., New York, NY 10021. **Area rug**—Decor International, 171 Newbury St., Boston, MA 02116. **(*Bottom left*): Desk accessories**—Rubbermaid Inc., 1147 Akron Rd., Wooster, OH 44691. **Desk top**—Star, 23251 Vista Grande, Laguna Hills, CA 92653.

**Pages 118–119 (*top left*): Area rug**—Couristan, 979 Third Ave., New York, NY 10022. **Wall covering,** "Sentinel"—Panatex fabrics, P.O. Box 10668, Rockville, MD 20850. **Telephone**—The Sharper Image, 680 Davis St., San Francisco, CA 94111. **Cube table**—Pacific Designs and Mfg., 31111½ S. La Cienega Blvd., Los Angeles, CA 91016. **Lounge chair**—

*continued on page 164.*




*continued from page 163.*

Herman Miller, 8500 Byron Avenue, Zeeland, MI 49464. **Laser disc player** — Pioneer, Post Office Box 1720, Long Beach, CA 90815. **Stereo components** — Yamaha, 6660 Orangethorpe Avenue, Buena Park, CA 90620. (***Bottom left***): **Recessed lighting** — Lightolier, 100 Lighting Way, Secaucus, NJ 07094. **Banquette fabric** — California Drop Cloth Incorporated, 712 Grandview, Los Angeles, CA 90057. **Window treatment** — LouverDrape Incorporated, 1100 Colorado Avenue, Santa Monica, CA 90401.

**GARAGE WALL WORKSHOP**
**How to Add Storage And Workbenches to Your Garage and Still Leave Room for Cars**
**Page 121 (*center left*): Plastic boxes** — C&H Distributing Hardware Industrial Catalog, 400 South Fifth Street, Post Office Box 04499, Milwaukee, WI 53204. (***Bottom right***): **Magnetic hanging bars** — Brookstone Catalog, Brookstone Company, 1718 Redwood Highway, Corte Madera, CA 94925. (***Top right***): **Pull-down ladder** — Memphis Folding Stairway, Memphis, TN 38182-0303.

**THE ULTIMATE BATH**
**A Private Retreat For Mom and Dad**
**Page 122: Urn** — Mike Hines, 724 North Lake Street, Burbank, CA 91502.
**Page 123: Laminate,** $1.45/square foot — Wilsonart, 600 General Bruce Drive, Temple, TX 76501. **Wallpaper** — Schumacher, 939 Third Avenue, New York, NY 10022.
**Page 124 (*top left*): Stereo/intercom system,** $1,556 — Broan Manufacturing Company, Incorporated, Post Office Box 140, Hartford, WI 53027. **Lavatory,** $252 — Eljer Plumbingware, Three Gateway Center, Pittsburgh, PA 15222. **Faucets: tub,** $236.80; **lavatory,** $174.80; **shower,** $157.90 — Eljer Plumbingware, Three Gateway Center, Pittsburgh, PA 15222. (***Top right***): **In-wall hair dryer,** $139 — NuTone, Madison and Red Banks Roads, Cincinnati, OH 45227. (***Bottom***): **Shower tile,** $9.85/square foot, "Reflecta" — American Olean Tile Company, 2031 Cannon Avenue, Lansdale, PA 19446.
**Page 125: Bathtub,** $3,649 — Eljer Plumbingware (address above). **Lighting plan** — General Electric Lighting Institute, Nela Park, OH 44112. **Ceiling lighting fixtures** — Lightolier Incorporated, 346 Claremont Avenue, Jersey City, NJ 07035. **Heated towel rod** — Myson, Incorporated, Post Office Box 5446, Embrey Industrial Park, Fredericksburg, VA 22403. **Shower,** $660 — Amerec/Nasscor, Incorporated, Post Office Box 40569, Bellevue, WA 98004. **Bidet,** $513.20 — Eljer Plumbingware, Three Gateway Center, Pittsburgh, PA 15222. **Toilet,** $746.70 — Eljer Plumbingware Three Gateway Center, Pittsburgh, PA 15222.

**MIX AND MATCH**
**Guidelines to Getting That One-of-a-Kind Look**
**Pages 126–127: Dinner plate, cream soup dish,** "Fitzhugh Blue" — Spode, Post Office Box 8500 S-41550, Philadelphia, PA 19178. **Dessert plate,** "Blue Angular Flower" — Royal Copenhagen Porcelain Company, 27 Holland Avenue, White Plains, NY 10603. **Flatware,** "French Renaissance" and "18th Century" — Reed & Barton, 144 West Britannia Street, Taunton, MA 02780.


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**GOOD-FOR-YOU MEALS . . . FAST!**
**(30 Minutes or Less)**
**Page 128 (*right*): Plate**—Jepcor International Incorporated, 41 Madison Avenue, New York, NY 10010.
**Page 129 (*right*): Plate,** "Bauhas" — Trend-Pacific Inc., 507 Towne Avenue, Los Angeles, CA 90013.
**Page 130 (*left*): Fork,** "Aspen" — Trend-Pacific Incorporated, 507 Towne Avenue, Los Angeles, CA 90013. (***Right***): **Plate,** "Trimister" — Anchor Hocking Glass Corporation, Fifth and Pierce Sts., Lancaster, OH 43130. **Napkin** — Sodahl America, Inc., 600 Cleveland Street, Suite 990, Clearwater, FL 33515.

**Page 131 (*left*): Fork** — Yamazaki Tableware Incorporated, 41 Madison Avenue, New York, NY 10010. (***Right***): **Fork** — Dansk International Designs, Incorporated, Radio Circle Road, Mt. Kisco, NY 10549.
**Page 132 (*right*): Plate** — Jepcor International, Incorporated, 41 Madison Ave., New York, NY 10010.
**Page 133 (*right*): Plate,** "Black Reflections" — Franciscan, 102 North Brand Boulevard, Suite 322, Glendale, CA 91203. **Fork** — Dansk International Designs, Incorporated, Radio Circle Road, Mount Kisco, NY 10549.
**Page 134 (*top*): Plate,** "Dots" — Kosta Boda USA Limited, 225 Fifth Avenue, New York, NY 10010. (***Bottom***): **Plate, bowl** — Crate & Barrel, 850 North Michigan Avenue, Chicago, IL 60611.

**PRIZE TESTED RECIPES®**
**Potato Side Dishes**
**Tuna & Salmon Ideas**
**Page 155 (*left*): Plates** — Waechtersbach USA, Incorporated, 8300 Northeast Underground Drive, Kansas City, MO 64161. (***Right***): **Plate,** "French Bistro" — Ginkgo International, Limited, 5101 Chase Street, Downers Grove, IL 60515.
**Page 156 (*left*): Casserole** — Bennington Pottery, 324 County Street, Bennington, VT 05201. (***Right***): **Platter** — The Hall China Co., East Liverpool, OH 43920.

**COUNTRY WORKTABLE**
**Build This Sturdy Kitchen Island**
**Page 166: Orange pots** — Le Creuset, Schiller-Asmus, Incorporated, Yemassee, SC 29945. **Large wooden salad bowl** — Bloomingdale's, 1000 Third Avenue, New York, NY 10022. **Stockpot** — Leyse Aluminum Company, 203 Elles Street, Kewaunee, WI 54216. **Copper sauté pan** — Hammacher Schlemer, 147 East 57th Street, New York, NY 10022. **Knife** — Chicago Cutlery Consumer Products Incorporated, 5420 County Road 18, N, Minneapolis, MN 55428. **Garlic basket** — Marshall Field & Company, 11 North State Street, Chicago, IL 60602. **Place mats** — Asta Designs, Post Office Box 826, One Willard Road, Norwalk, CT 06856. **Table, chairs** — Richardson, 2218 West Water Street, Sheboygan, WI 53081. **Goose** — Soovia Janis Incorporated, 225 Fifth Avenue, New York, NY 10010. **Range, microwave** — Whirlpool Corporation, U.S. 33, N, Benton Harbor, MI 49022. **Coffee maker** — Spacemaster by General Electric, Housewares Business Division, 1285 Boston Avenue, Bridgeport, CT 05602. **Electric can opener,** Osterizer — Oster Corp., 5055 North Lydell Ave., Milwaukee, WI 53217.
**Page 169: Tabletop,** Model Number SCO11-0, 30x48x1¾ in., 70 lb., $142 — John Boos & Company, 315 S. First Street, Effingham, IL 62401. **Table legs** (newel posts), $34.99 ea. — Gerber Industries, Gerber Industry Drive, St. Peters, MO 63376.

# The Humane Society of the United States announces its first official sculpture.

Two prized mediums magically combined in a unique work of art. Fine full-lead crystal finished and polished by hand. Meticulously hand-painted porcelain of the most superb quality.

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It is an original creation by Roslyn S. Carren, internationally respected for her ability to portray baby animals. Here she authentically depicts the baby harp seal. The ice floe that cradles the seal glistens like the arctic ice.

The issue price is $90. And a portion will be contributed to further the Humane Society's worthy efforts — adding to the satisfaction of owning this official sculpture.



Sculpture shown approximately actual size of 6" in length.

## Snow Pup by Roslyn S. Carren. Bisque porcelain and full-lead crystal.

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c/o The Franklin Mint
Franklin Center, Pennsylvania 19091

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I need send no payment now. I will be billed in 4 monthly installments of $22.50* each, with the first payment due when my sculpture is ready to be shipped to me.

*Plus my state sales tax and a total of $3. for shipping and handling.*

Please mail by March 31, 1988.
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## Protecting the animals who share our world.

STEP-BY-STEP

# COUNTRY WORKTABLE

## BUILD THIS STURDY KITCHEN ISLAND

By James A. Hufnagel



PHOTOGRAPHS: GEORGE CEOLLA

Could you use more counter space and extra storage for bulky cookware? You can put this country-style table together in a weekend, at a cost of about $300. Its top is a precut 30×48-inch slab of butcher block, prefinished with a nontoxic oil. The legs are stock newel posts turned upside-down. All you need are a couple of basic power tools and some fundamental woodworking skills to complete this project.

*continued on page169.*

# It gives the bedtime snack a new dimension.

Ahhh, there's nothing like hitting a snack before hitting the sack.

And there's nothing like the GE SpaceCenter 27 refrigerator to satisfy even the most dedicated peanut butter and jelly pirate.

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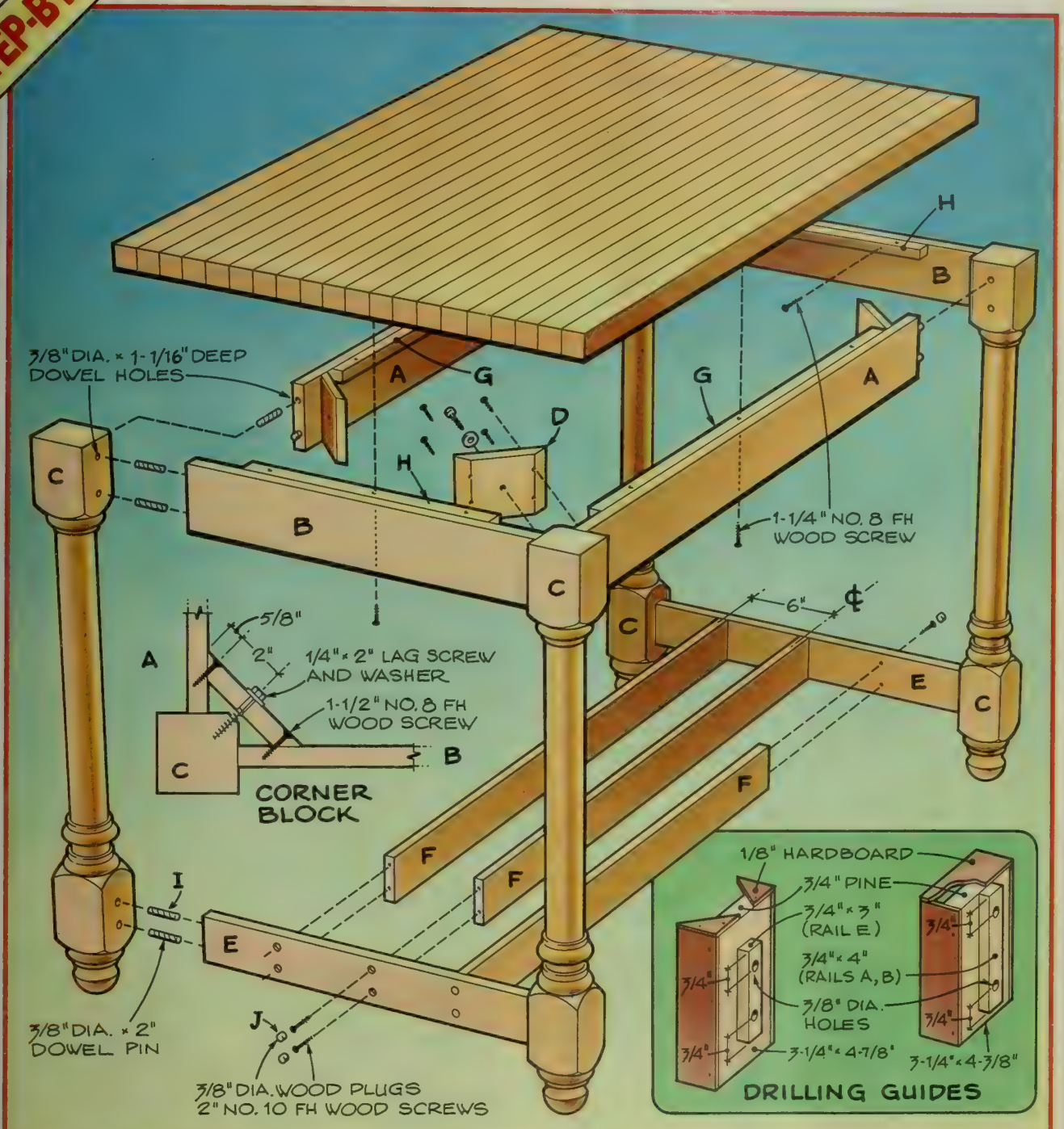
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Bring this ad with you and get 15% off any regularly priced tile, wallcovering, or other instock merchandise at Color Tile.

Cannot be used in conjunction with any other offer. *Shown: Durango Red, Pueblo White Ceramic Floor Tiles, Mosaic Tile GRA-12*

STEP-BY-STEP

# COUNTRY WORKTABLE *continued from page 166.*




## MATERIALS — COUNTRY WORKTABLE

| PART | QUANTITY | DESCRIPTION | SIZE | PART | QUANTITY | DESCRIPTION | SIZE |
|---|---|---|---|---|---|---|---|
| A | 2 | TOP SIDE RAILS | ¾ × 4 × 39½" | F | 3 | STRETCHERS | ¾ × 3 × 42" |
| B | 2 | TOP END RAILS | ¾ × 4 × 21½" | G | 2 | SIDE CLEATS | ¾ × ¾ × 34" |
| C | 4 | LEGS | 3¼ × 3¼ × 35¼" | H | 2 | END CLEATS | ¾ × ¾ × 15" |
| D | 4 | CORNER BLOCKS | ¾ × 4 × 5¼" | I | 24 | DOWEL PINS | ⅜ × 2" |
| E | 2 | LOWER RAILS | ¾ × 3 × 21½" | J | 12 | WOOD PLUGS | ⅜" diameter |

For information on how to order the precut butcher-block tabletop and newel-post legs, see the Buying Guide on page 163.

*continued on page 170.*

STEP-BY-STEP

# COUNTRY WORKTABLE *continued from page 169.*



## CUT THE RAILS AND STRETCHERS

Begin by ripping ¾-inch clear pine lumber to 3-inch widths for the lower rails and stretchers, 4-inch widths for the top rails. Crosscut these to the lengths called for in the materials list (*page169*).



## SHORTEN THE NEWEL POSTS

Now cut the newel posts down to size—35¼ inches. You'll need to make two passes through the saw, so draw lines on two opposing faces. Mark all cuts with a square and a sharp pencil.



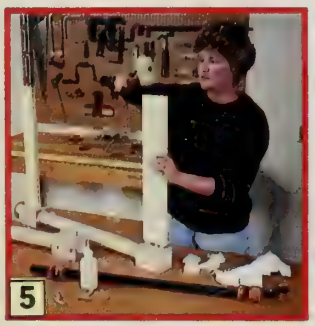
## DRILL THE RAIL ENDS

Dowel joints require absolutely precise holes. At the ends of the ¾-inch rails you can use a doweling jig like this one. We clamped the rails to a table edge, clamped the jig to the rail ends, and bored the holes.



## DRILL THE LEGS

A standard doweling jig won't work with the 3¼-inch-square legs; we made drilling guides from scrap lumber and hardboard as shown on *page 169*. One guides the drill at the top corners, the other at those below.



## ASSEMBLE THE END SECTIONS

Now our table begins to look like one. Apply white glue to the holes, tap dowels into them, and knock everything together with a mallet. Clamp with pipe clamps like the ones shown here.



## COUNTERBORE THE LOWER RAILS

After the glue dries, drill holes for screws for the stretchers. We drilled ⅜-inch holes for plugs to cover the screws, then we drilled holes for the screws. Tape on the bit serves as a depth gauge.



## GLUE AND CLAMP THE SIDE RAILS

Again, drip white glue into the dowel holes, tap dowel pins into place, connect the end sections with the side rails, and clamp. Scrap wood between the clamps' jaws prevents marring the wood.



## CUT AND DRILL CORNER BLOCKS

Miter the ends on the 4×5 quarter-inch corner blocks, then drill five holes in each: one in the center for a ¼-inch lag screw and one in each corner for the flathead screws that will attach to the rails.



## CHAMFER THE INSIDE CORNERS

It's hard to drill into a corner, so flatten the legs' inside corners with a block plane. This makes it easier to drill pilot holes for the lag screws. Check to make sure that the frame is perfectly square and adjust it if necessary.



## ATTACH THE CORNER BLOCKS

Coat the mitered ends of the corner blocks with glue, position them, and drive screws into the rails. Then check for squareness again, drill a pilot hole, put a washer on each lag screw, and screw into the leg's chamfer.



## SCREW THE STRETCHERS IN PLACE

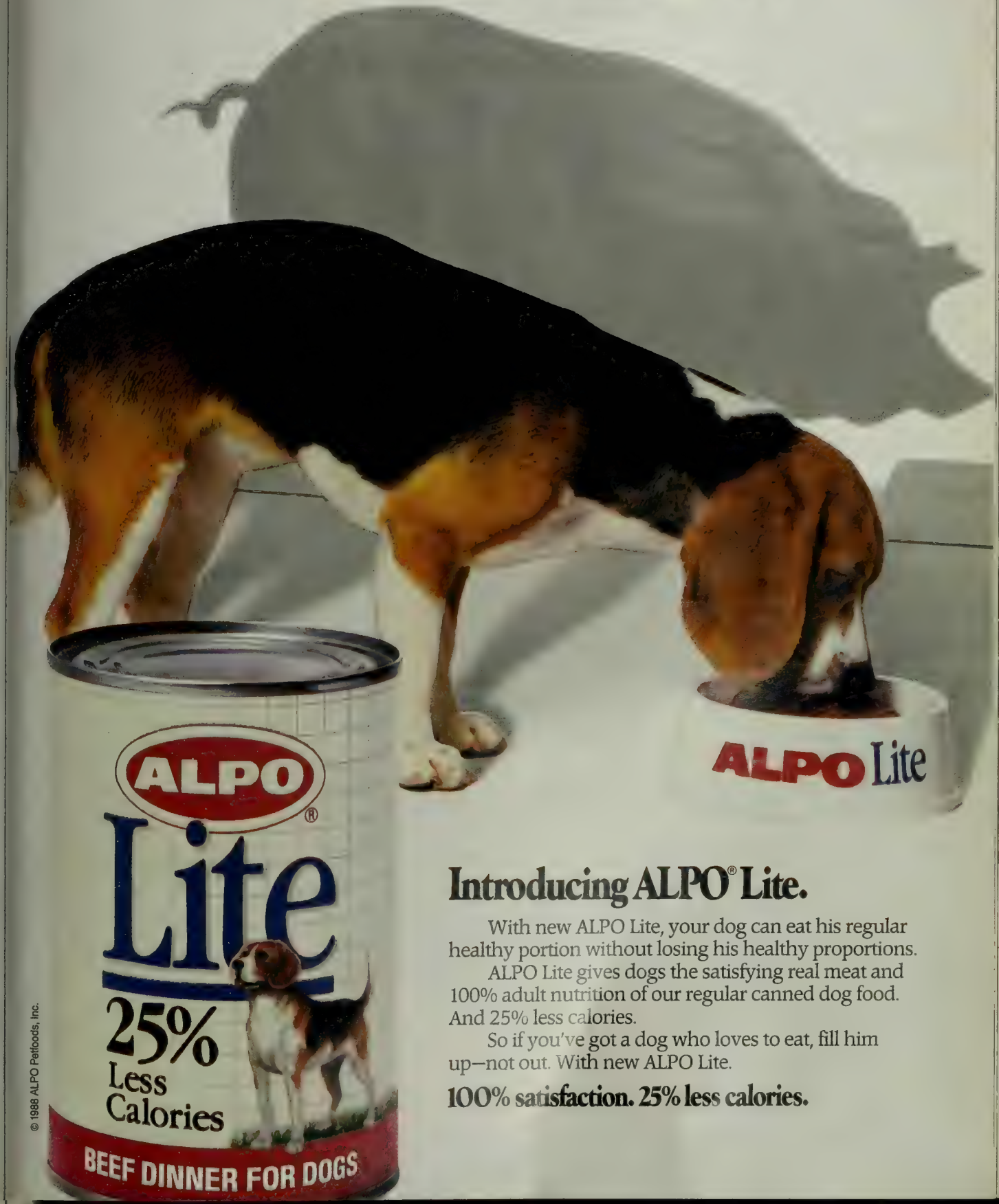
Installing the three stretchers completes the base. Use a spacer block, as shown, to align the stretchers with the holes you've bored in the lower rails. Drill pilot holes in the stretcher ends. Drive screws and cover them with plugs.



## ATTACH THE TOP

Paint or stain and seal the base before screwing it to the top. First attach cleats to the rails, then to the butcher block's underside. Coating screw threads with paste wax makes it easier to drive them into the hard maple. Cup hooks hold cookware.

# How to keep a dog who eats big from getting that way.




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# Lipton introduces Oriental Treasures™ Herbal Teas.




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*continued from page 113.*

## STICKER SHOCK

Unless you've remodeled your home lately, or solicited bids for a project in the planning stages, you may be in for a surprise when you find out how much it will cost. That little $12,000 addition you considered building in 1973 will probably run you more than $30,000 at today's prices. Like shelling out $12,000 for a new car when you paid $5,000 for the last one, it's a shock. The fact is, remodeling costs more than you think.

We learned this lesson firsthand during the three staff remodeling projects you see on *pages 107–113.* Our projects ranged in cost from about $31,000 to $38,000. That's certainly more than any of us intended to spend at the outset. (But it's a lot less than we could have spent!)

Although each of us adopted different strategies to control costs and finance our remodelings—from doing it ourselves to arranging for the funds—shared circumstances tie the three together. Our stories should help you know what to expect if you're planning a remodeling project of your own.





Building Editor Greg Cook and family.

### MAKING A SMALL HOUSE LIVABLE

The Cooks developed their own remodeling plan and pitched in on labor to keep costs down. Even so, their remodeling ran about $38,000. They considered the basement well worth the added cost—it amounted only to about $4,500 and added 400 square feet of work and storage space to the house.

To raise the money, they approached their credit union for a temporary home improvement loan, planning to refinance the entire package on completion of the remodeling.

The Cooks borrowed $25,000 to start. When it became apparent that the original home improvement funds would not cover the cost of remodeling, they took on more of the work themselves. Even so, they had to ask their credit union for additional funds before the project was completed.

The last step in the process was refinancing their more valuable home. Fortunately, the market was good when the paperwork went through, and the Cooks were able to find a 15-year mortgage fixed at a rate of 8.6 percent, replacing their existing 15-year, 12.5 percent loan. The total amount of the new loan—and their monthly payment—is larger, but the Cooks have the satisfaction of knowing that the refinancing made good sense if only for the lower interest rates. By the time their youngest daughter is 20 years old, the loan will be paid off. And should they decide to sell the house, they'll have a more salable property.





Editorial Director Doris Eby.

### OPENING UP A TINY KITCHEN

Doris Eby hired an architect and builder who handled her entire remodeling project from start to finish. Fortunately, she encountered no cost overruns during construction, so the original estimate she received of $31,000 held true.

Unlike the Cooks, Doris kept her original mortgage. (The terms were good—a 30-year loan which was fixed at 9.8 percent interest.) She paid for the remodeling by borrowing $20,000 at 13.1 percent interest and paying the remaining $11,000 of the cost herself, like a down payment.

Doris made sure that her home improvement loan involved no prepayment penalties, and she plans to pay off the loan long before its 15-year term to save on the interest. Until then, her added monthly expense is only $169, a real bargain for the added space and convenience.





Art Director Brad Hong and family.

### CREATING A FAMILY FOCAL POINT

The Hongs also worked with an architect and turned most of the work over to a builder. When the first cost estimate came in high—$56,000—they decided to eliminate some windows, built-in cabinets, and shelves, and to cut back on their landscaping plans. These adjustments saved them enough money to bring the price in line—to about $35,000.

Lenders usually won't refinance a total loan package before remodeling; they want to appraise the completed house before committing to a specific amount. The Hongs were lucky. The bank that held their existing loan was willing to write a new one based on their plans and the construction specifications. Avoiding an interim loan saved them from paying higher interest charges.

By replacing their existing 15-year mortgage with a 30-year loan at only 9½ percent interest, the Hongs kept the increase in monthly payments to a mere $18 a month. That's a surprisingly modest raise in payments for such a dramatic improvement to space and style in their home.

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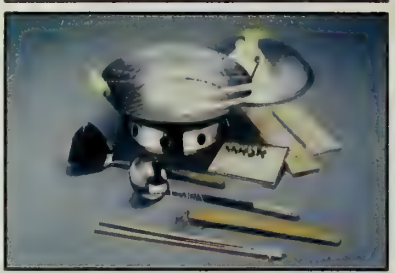
And you can be completely confident the cookware, books, plans, and gardening items presented on this page are of the highest quality and meet our strict standards of excellence.

## Pint-Size Produce from a Pint-Size Plot



You can try your hand at growing trendy baby vegetables like those shown on pages 37 to 40. Our **Baby Vegetable Collection** contains one individual seed packet each of: Tiny round Planet carrots; Little Ball beets; Tender Arlesa courgettes; Petite Sunburst golden scallop squash; Crunchy Barletta baby onions; Miniature Summer Bibb lettuce; and delicate, thin Vernandon "Haricots Verts" beans. *Complete growing instructions, complimentary recipes, and a bonus booklet showing how to order other varieties are included in the package.*

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# CANADA!

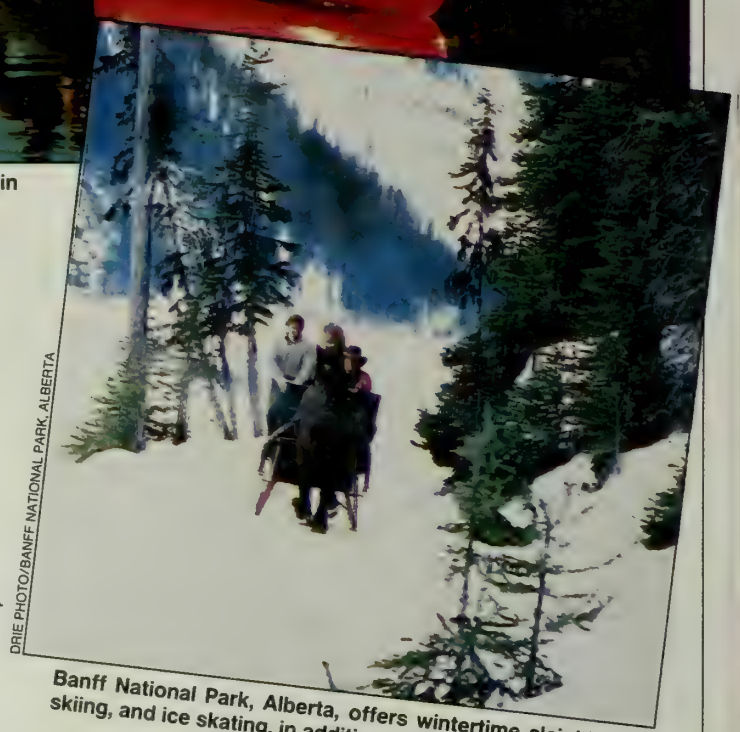
## PARKLAND VACATIONS FOR FAMILIES

DRIE PHOTO/ALGONQUIN PROVINCIAL PARK, ONTARIO

Like many of Canada's parklands, Algonquin Provincial Park in Ontario gets you far from crowds, but it's easy to reach.

By George S. Bush and Mark Ingebretsen

**Canada's parklands embrace a wonderful diversity of vacation worlds, from whale-watching sites on coastal promontories to wilderness trails on some of our continent's most dramatic mountain ranges. There are vast lake parks for canoeing, ocean parks for beachcombing, family parks with pools and golf courses. Some parks even have great resort hotels.**



DRIE PHOTO/BANFF NATIONAL PARK, ALBERTA

Banff National Park, Alberta, offers wintertime sleighing, skiing, and ice skating, in addition to summer sports.

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Canada's two most famous national parks perch side by side astride the Canadian Rockies in Alberta. Get a first glimpse of the natural wonders in store for you here by driving the Columbia Icefields Parkway, one of the most spectacular mountain highways anywhere. As the road winds 145 miles through both parks, you'll see gigantic glaciers draped in white-blue folds from summits so high they make you crane your neck. Spur roads from the parkway carve their way to trailheads that lead deep into the backcountry. You'll pass idyllic lakes that mirror these great mountains. At dusk, jumping trout roil the reflections.

Beyond the roads lies an unmitigated wilderness whose silence is broken only by the rush of waterfalls and the distant thunder of avalanches. Hiking trails, some quite

*continued on page 178.*



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*continued from page 176.*

gentle, others calling for much stamina, snake through this immense domain. It's a veritable paradise for backpackers.

But there's also an abundance of amenities for families who don't want to rough it. The towns of Banff and Jasper—located on national parklands—contain hotels, motels, restaurants of every kind, and all manner of tourist services, from boat rentals to trail-ride stables. In addition, there are lodges on several of the most beautiful lakes, among them the Moraine Lodge and Cabins, a tranquil retreat. Famous Chateau Lake Louise is an enclave of luxury deep in the alpine wilds.

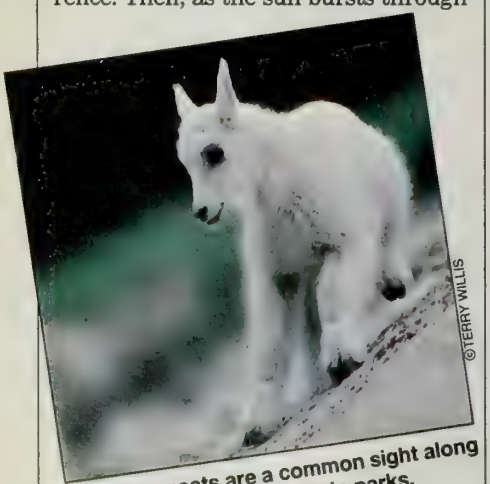


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**High-altitude lakes in Canada's mountain parklands are fed by melting glaciers. The crystal clear waters are pure and very cold.**

## FORILLON NATIONAL PARK

At the tip of Quebec's Gaspé Peninsula, Forillon National Park is for those who love the smell of the sea, the rhythmic swell of surf, the crash of breakers. The foghorn of a lonely lighthouse wails its eerie greeting at the park's gateway. Beyond, the continent's last cliffs recede into the mists that swirl from the Gulf of St. Lawrence. Then, as the sun bursts through



©TERRY WILLIS

**Mountain goats are a common sight along the trails of Rocky Mountain parks.**

the scudding clouds, Forillon's 600-foot-high limestone escarpment looms like a golden mirage above the blue waves. Thousands of birds nest in these cliffs, best seen on two-hour excursion cruises from the fishing harbor of Cap-des-Rosiers at the base of the escarpment. On the other, gentler side of the park's four-mile promontory, there's a wealth of driftwood to collect on kelp-strewn beaches. You can't drive all the way through the park, but an hour's easy walking brings you to land's end. On a clear day, the famed Nez Perce rock is visible on the horizon. In spring and fall, schools of whales often pass right below your grandstand.

Camping at Forillon is a special joy. Its drive-to campground rests at the rim of the forest that roofs the cliffs, providing completely private sites that are terraced into the slope. Each site overlooks the sea, and you're shielded from neighbors by greenery.

The 450-mile drive from Quebec City is an exotic vacation in itself. The highway along the St. Lawrence climbs over the passes of coastal mountains, clings to cliffs, dips into coves, and threads through dozens of old French fishing villages. The best lodgings and restaurants near the park may be found just outside the park borders.

## ALGONQUIN PROVINCIAL PARK

The lakes in Algonquin appear to blend into each other. Peaceful watery expanses are surrounded by forests of hardwood and pine.

Despite these endless natural vistas, Algonquin is an easy-to-reach park. Make the four-hour drive from Toronto (which has good air and road connections to points in the U.S.). Arriving at Algonquin, you'll discover that this place is all about escaping into the folds of a gentle wilderness.

Families with little time—including those on trans-Canada driving vacations—stick to the areas near Algonquin's Highway 60 Corridor. The road cuts through the park's southern corner. Campsites along the way let you set up housekeeping for a day or two of fishing and swimming. At twilight, you'll often see bear and moose along the lakeshore, and loons cry mournfully during the night.



TRAVEL ALBERTA

**Canoes take you to quiet corners of Pyramid Lake in Jasper National Park, Alberta.**

Closer encounters with wildlife await among the park's nearly 1,000 miles of canoe routes. You can rent canoes and supplies at Algonquin outfitters (***RR 1, Dwight, Ontario P0A 1H0, Canada***). The family there will gladly plot a safe course for canoe trips of a day, a week, or longer.

*continued on page 180.*



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*continued from page 178.*

## RIDING MOUNTAIN NATIONAL PARK

Canadian families from the farm belt have made Riding Mountain a popular summer spot. Located near Winnipeg, Manitoba, the park provides a happy combination of nature and resort vacationing (for a similar family park, see Cypress Hills, below). Wasagami, Riding's resort village, offers golf, tennis, horseback riding, and boat rentals. There's a fine lake beach for lifeguard-supervised swimming, and you have a choice of campgrounds, housekeeping cabins, motels, and restaurants.

As for the great outdoors, Riding Mountain has several fishing lakes, stocked with trout and pickerel. You'll spot moose, elk, and deer on the park's many trails, which range from short nature walks to 10- and 20-milers for overnight backpack outings.



ENVIRONMENT CANADA PARKS

**Flowering meadows await hikers in Mt. Revelstoke National Park, British Columbia.**

## MT. REVELSTOKE NATIONAL PARK

If you really want to get away from it all, Mt. Revelstoke is the place to go. The southern British Columbian wilderness preserve embraces some 100 square miles of superb mountain scenery. Most of its trails aren't especially rugged; yet rarely do more than a dozen hikers overnight amidst its wildflower glades and glacial peaks.

A spur road off the Trans-Canada Highway leads into the park. At the road's end, a hiking trail meanders through the paintbrush meadows. Follow the trail for about two hours. You'll enter a rock-walled bowl of turquoise alpine ponds. Another lake bowl lies farther on. Wilderness camping is permitted along most of the trail, and backpacking beneath glacier peaks.



ENVIRONMENT CANADA PARKS

**In the far north, spring, summer, and fall last only a matter of weeks.**

***Georgian Bay Islands National Park,*** on Lake Huron. "Taxi" boats ferry you to secluded campsides on lovely islands off Honey Harbor, Ontario. Fine fishing and berry picking.

***Gros Morne National Park,*** on Newfoundland's dramatic northwest coast, near site where Vikings landed. Beachcombing, hiking, boat excursions, camping. Lodgings and excellent seafood restaurants in vicinity.

***Mistassini Provincial Preserve,*** in Quebec, 500 miles north of Montreal. Some of the continent's finest lake trout fishing that's accessible by car (the last 100 miles on gravel). Boating, canoeing, camping, lodges.

***Pacific Rim National Park,*** Vancouver Island, British Columbia. Driftwood beaches, rain forests, ocean fishing, hiking, boat trips, canoeing in backwaters, camping, motels nearby. BH&G

there is even a cabin on one of the lakes (first come, first served). With luck, you'll have trout for breakfast.

## WRITE FOR MORE INFORMATION

**National parks:** ***The Inquiry Center, Environment Canada, Parks, Dept. BHG, Ottawa K1A 0H3, Canada.***
**Provincial parks:** ***Tourism Canada, 235 Queen St., Dept. BHG, Ottawa K1A 0H6,*** **Canada.**

## MORE GREAT PARKLAND VACATIONS FOR FAMILIES



***Cape Breton Highlands National Park,*** on the northern tip of scenic Nova Scotia. Hiking, beachcombing, great clamming, camping, resort hotel.

***Cypress Hills Provincial Park,*** in southwestern Saskatchewan. Low-cost family resort with beach, fishing, historical sightseeing, boating, camping, cabins, and a lodge.

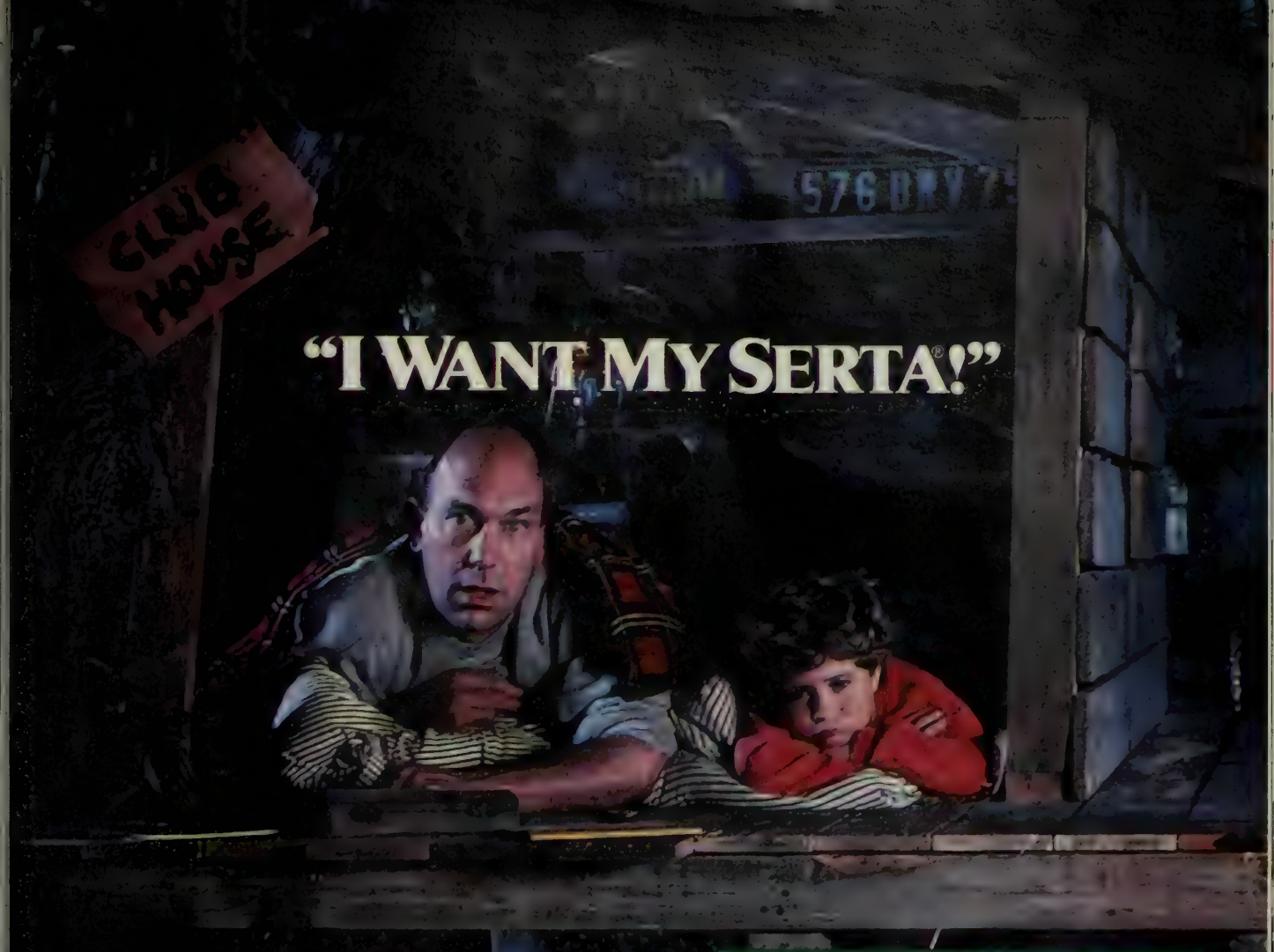
***Fundy National Park,*** on Bay of Fundy, New Brunswick, scene of world's highest tides. Beach exploring, hiking, heated pool, golf, tennis, camping, motel.

***Garibaldi Provincial Park,*** British Columbia, in coast range, two hours by car from Vancouver. Wilderness



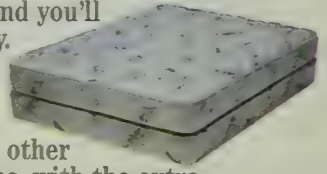
GEORGE S. BUSH

**Kids take a nature hike in Cypress Hills Provincial Park, Saskatchewan.**




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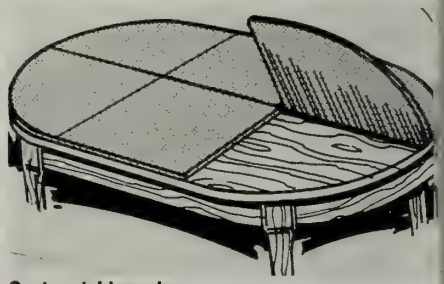
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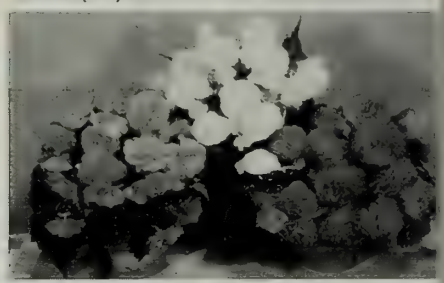
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*By Arlene Avile*



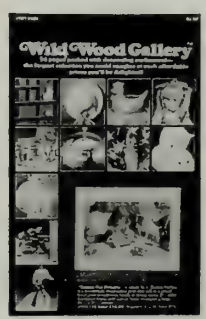
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# Two Playful Pups Encounter a Barnyard Visitor




- By American art master Jim Lamb

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## Double Take

When two curious Cocker Spaniel puppies go exploring on a sunny afternoon, it's anybody's guess just what they might discover. Here they have encountered a fascinating mouse whose nervous "double take" shows he's not sure of his visitor's intentions. But he needn't fear, since these playful pups just want to play!

"Double Take" marks the collector plate premiere of Jim Lamb, a gifted American artist and illustrator whose popular graphic prints have often sold out in a matter of days. And animal-subject plates have an impressive record of price appreciation on the secondary market as well. Lamb has portrayed in life-like detail a barnyard scene, depicting the puppies, mouse, apple crate, and wooden barn with such precision that his work appears almost three-dimensional.

"Double Take" premieres a collection of eight plates entitled *Puppy Playtime* from The Hamilton Collection, in association with the art studios of River Shore®. Each issue will feature a Jim Lamb work, capturing America's favorite breeds of puppies at their mischievous best. Every plate will be numbered on its reverse and accompanied by a matching Certificate of Authenticity, attesting to its place within the edition of a total of 14 firing days.

As an owner of "Double Take," you will be guaranteed the right—*but not the obligation*—to acquire each plate in the collection in the sequence offered to you at the issue price of just $24.50. Furthermore, you may acquire "Double Take" at absolutely *no risk*—The Hamilton Collection *100% Buy-Back Guarantee* assures that you may return any plate for a full refund, within 30 days of receipt.

Strong demand has already been seen for "Double Take," based on price rises of animal-subject plate issues as well as the established market for paintings and graphics by Jim Lamb. Thus, you should respond promptly. Applications will be processed in order of receipt, so send in yours *today*!

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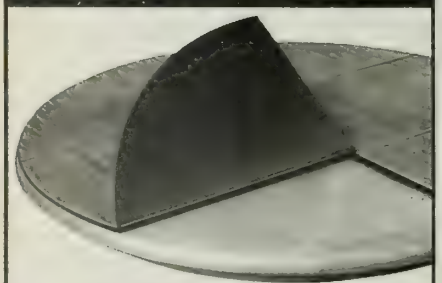


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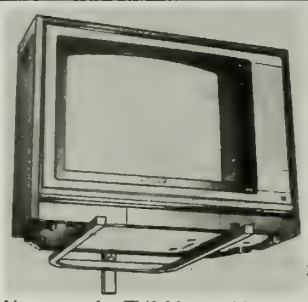
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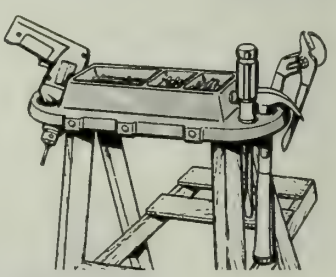
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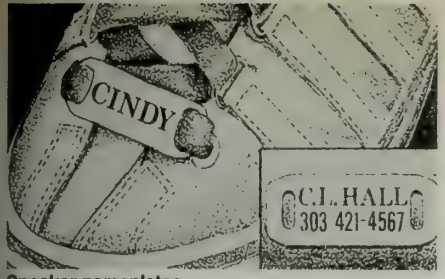
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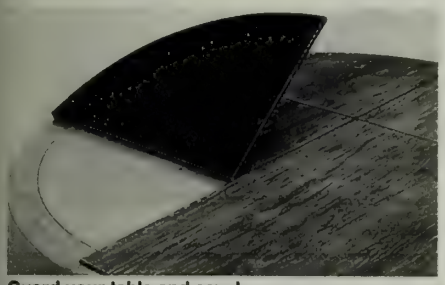


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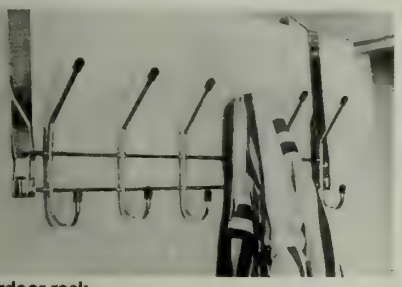
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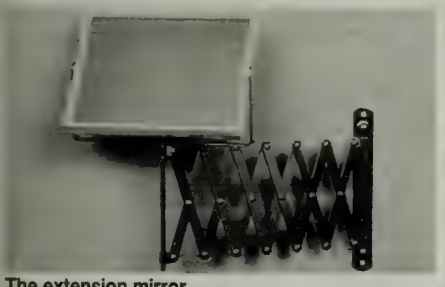

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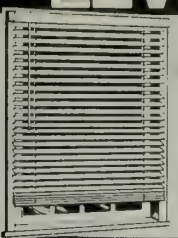


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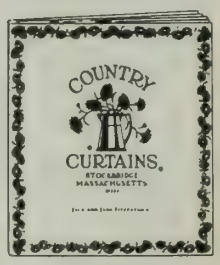
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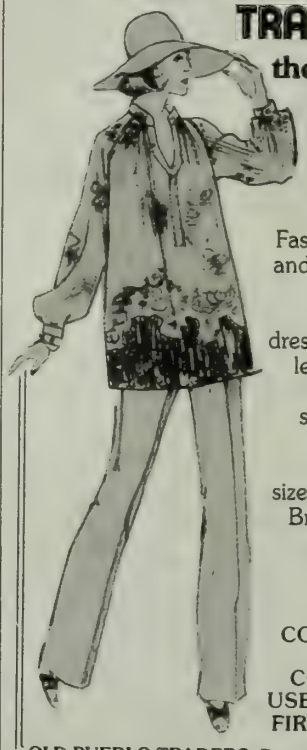

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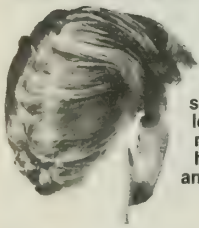
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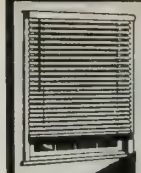
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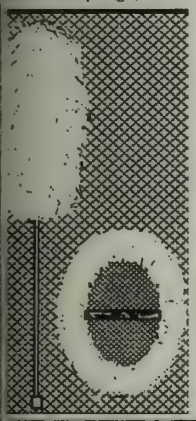


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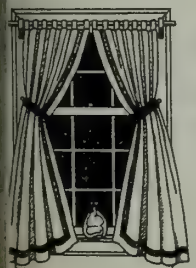
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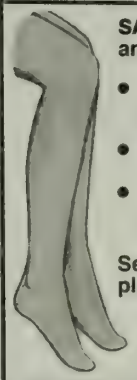
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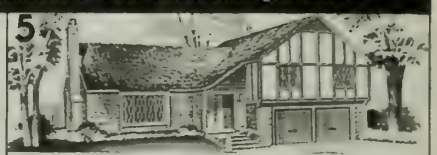
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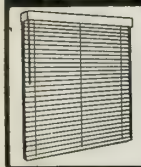
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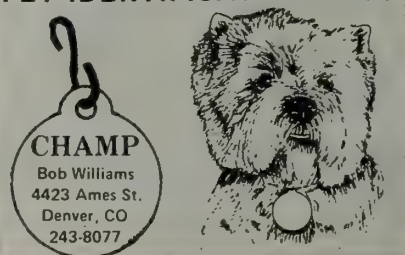



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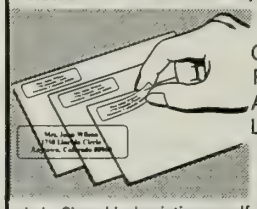

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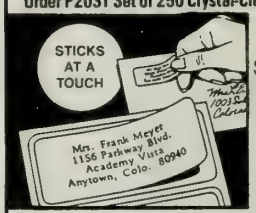

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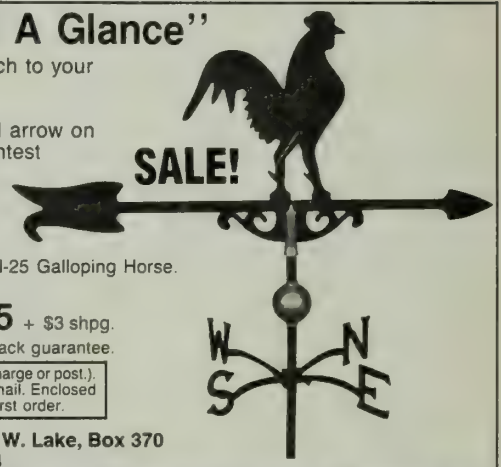
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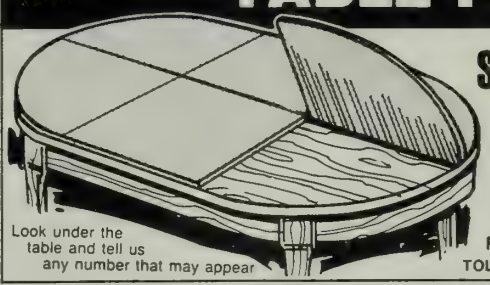
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# THE MAN NEXT DOOR®

Our town's Young Business Leader of the Year, Barb Newton, was pleased that her parents, who live in another state, could attend the award dinner. Her father, she said, enjoyed hearing all the nice things that were said about Barb, and her mother believed every one of them.

Liz Randall, mother of five, announced at the end of one particularly trying week that "teenagers, moving, and printed instructions were created to test the strength of marriages."

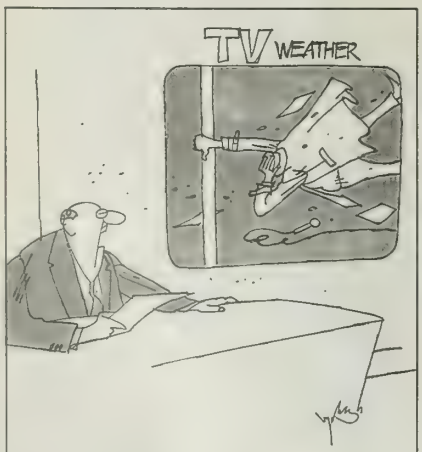
With all these health claims regarding foods, it's only a matter of time before someone brings out a cereal named "By Prescription Only."

Chris is a strong believer in ESP. "How else could your office mate know to bring in doughnuts on the morning you've decided to start dieting?"

Only your doctor and your spouse really mean it when they ask, "How are you?" notes Isabel Norman.

"Who says kids don't listen?" writes Editor Earl Reeves. "Why, I know some who don't take off their stereo headphones for days at a time."

Why is it that the best crystal cracks if you look at it cross-eyed, but the two-bit drinking glass from the local supermarket will bounce off the floor a dozen times without breaking?




*"OK, Steve. If there's any change, let us know."*



*"We don't have to keep up with the Joneses anymore. They just went into bankruptcy!"*

Dick and Dot Dresch are enjoying occasional meals at the restaurant where their 17-year-old daughter works as a part-time waitress. "I like seeing her wait on us for a change," quips Dot.

Sports nut Bill Norman protests that exercise and dieting may work for some folks, but for him, they just cut into his eating, sleeping, and TV time.

Dr. Bob Hannelly suggests that too many of his patients take their worries to bed with them, "then wonder why the outdoor sounds they don't notice in the daytime are keeping them awake half the night."

Chris and I just sent in our tax return. Now I understand why our accountant calls the new tax reform law "The Tax Preparer's Retirement Fund Act of 1987."

Congressman Nick Hanfli told the Saturday morning coffee group that the crisis in agriculture has reached a standoff. "There are now as many 'experts' on the farm problem," he said, "as there are farmers."

*Last Christmas, Chris and I gave each other a family membership to our local YMCA. It's been a well-used gift. We've been working out at least three times a week, and feeling great.*

*I must admit, though, that the Y and I got off to a rocky start. To inaugurate our first visit, Chris, Burt, Jr., Judy, and I decided to jog a mile on the track.*

*Within three laps I was huffing and puffing. I concealed my breathlessness as well as I could, but Chris still suggested that I needed a break.*

*"Are you (pant!) kidding?" I crowed. "I'm (gasp!) fine."*

*I knew I was in real trouble when an elderly lady sped right past me—smiling as she walked by. That was when I decided to walk the rest of the way. The kids pulled ahead but Chris, dear Chris, remained steadfast by my side.*

*As we approached the last lap, I decided to pick up the pace and finish with a bang. And I did, though it wasn't the bang I had in mind: My knees turned to rubber and the next thing I knew, I was sprawled out on the track.*

*Thankfully, I wasn't hurt. I'll never forget what Judy said as she helped me up: "I guess Reverend Hall was right. Pride does goeth before a fall."*

Burton Hillis

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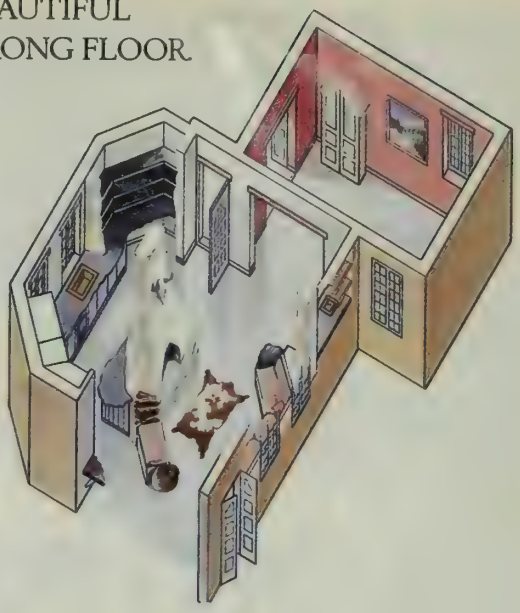
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From its bleached wood beams to its textured stucco walls, this new kitchen suite captures all the warmth and flavor of Santa Fe.

Its inviting den area centers around a striking free-form hearth. Cleverly incorporated into the opposite side of the fireplace is the stainless steel range in the kitchen area. And, in the candlelit dining area, deeply set windows re-create the look of thick-walled adobe homes.



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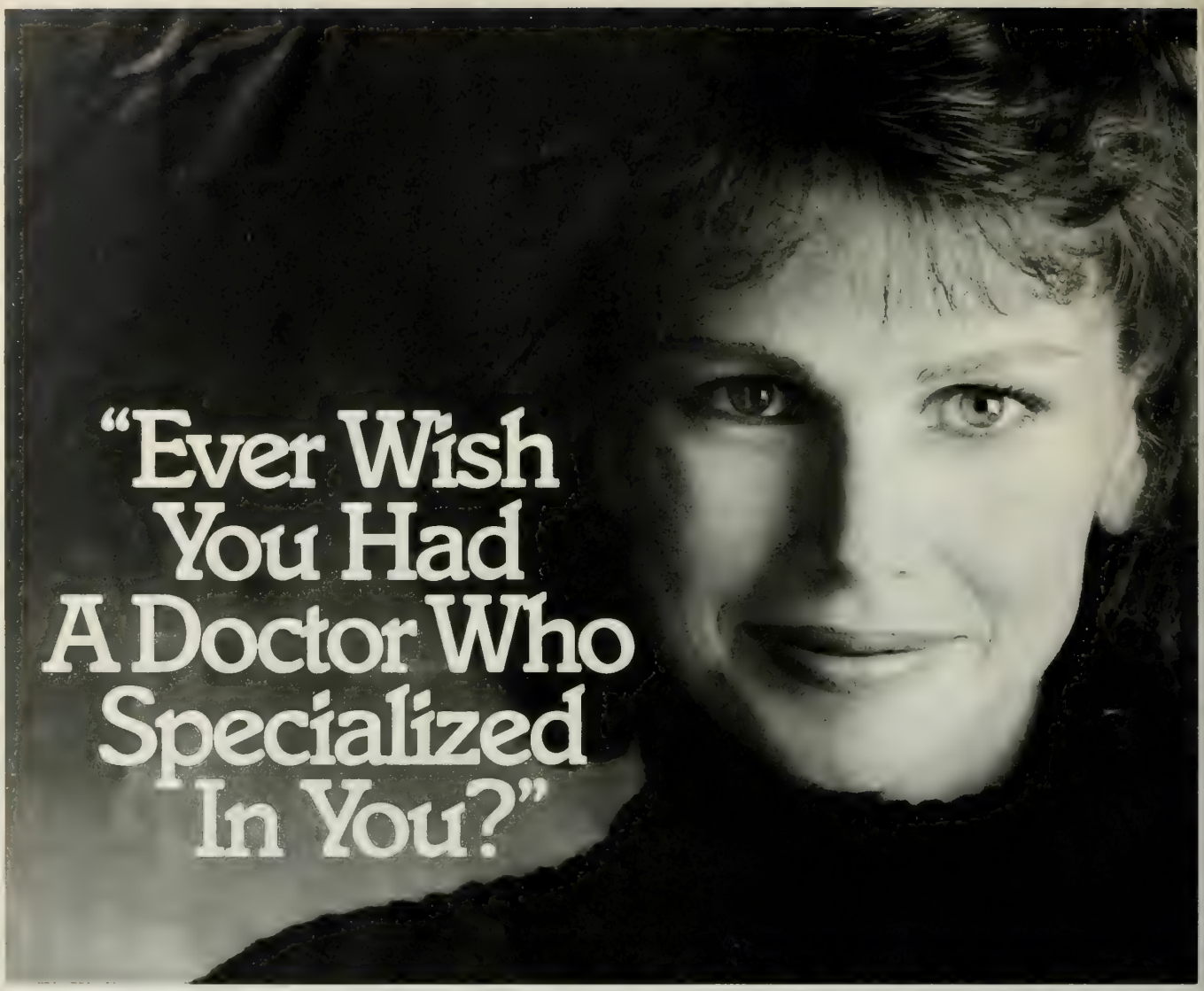
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### No doctor can specialize in everything.

That's not possible. But Family Practice does prepare a doctor to work in all the major medical areas. Every day, Family Physicians care for hundreds of thousands of patients — from newborns to grandparents — dealing with almost every kind of health care need people have.

This *is* possible, because most of the needs you and your family normally have simply do not require more specialized knowledge in any one medical area than your Family Physician is qualified to provide.

In fact, Family Physicians need to refer patients to other specialists in only 10-15% of the cases.

### Keeping up-to-date.

Required ongoing education means Family Physicians have to keep up-to-date in new treatments and technology. And Board Certified Family Physicians *must pass* recertification examinations every six years. These Family Practice requirements help to assure continuing quality care for you and your family.

### Saving you money by specializing in you.

Since a Family Physician can handle most of the family's health care needs, it is normally more cost-efficient to have this one doctor than to have separate doctors for mom, dad and the children.

Another saving can result from the Family Physicians' emphasis on providing care in their offices. You will be hospitalized only when your Family Physician believes hospital services are essential to proper management of your care.

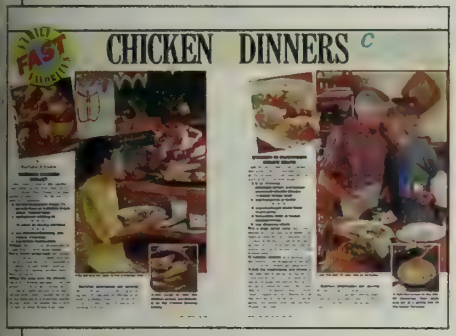
Obviously, the greatest economy of all comes from staying well, and Family Physicians really focus on preventive health care.

If you would like to have more information about Family Practice, or assistance in finding a Family Physician in your area, write to: *Family Physicians Care For America, P.O. Box 5311, Kansas City, MO 64131-0311.*

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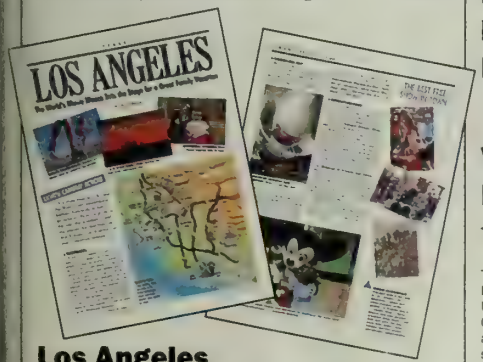
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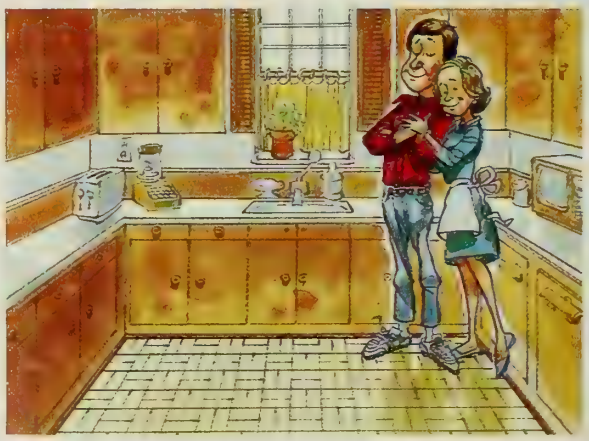
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*by Dr. Jerry B. Johnson*

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Next time you need a laxative, get the one with more benefits for your body.

Look for FiberCon.

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# How to tell if you have a fork stuck in your arm.

Nothing is more frustrating than finding out your dishes aren't clean because something jammed the dishwasher arm.

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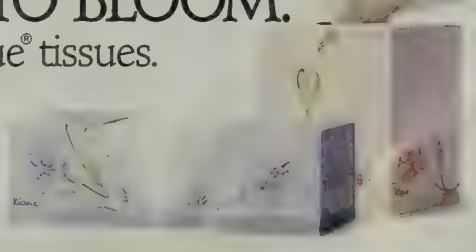



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Its look tells you immediately that this is no ordinary wagon. A sleek, aerodynamic design that's far ahead of the traditional, boxy wagon shape. One drive only confirms this impression. As you'll find, it's as much a pleasure to drive as an advanced, high-tech sedan. Maybe that's why Taurus is America's best-selling wagon, based on 1987 model year registrations.

What makes Taurus wagon so different? To start, it shares a great deal of the innovative engineering that made Taurus sedan a design leader. But the wagon was also given its own unique design elements tailored to meet the demands made on a wagon.

For example, the wagon is equipped with a specially designed independent rear suspensio




Buckle up–together we can save lives.

which enables it to respond nimbly when carrying the kind of loads a wagon is expected to carry. Yet this same suspension allows Taurus to perform just as capably unloaded.

This sort of attention to design is what has led so many people to choose Taurus as the wagon they like to drive, even when there's nothing to carry.

For more information on Ford's award-winning Taurus, call 1-800-622-4511, 9 am to 9 pm EST.

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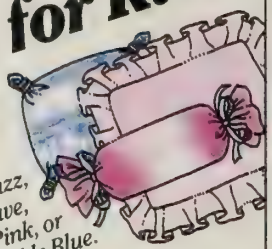
## Ford Taurus Wagon.

# America's best-selling wagon. Probably because it doesn't look or drive like one.



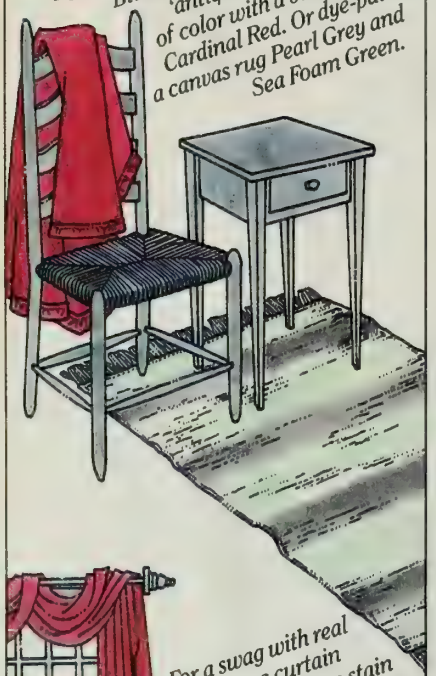
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# EDITOR'S LETTER

## In Praise of HEIBs

**Dear Readers,**

At a dinner party my wife and I attended not long ago, one of the women told about a church cookie exchange. Everybody was supposed to bring a favorite recipe, and something like nine women brought the same *Better Homes and Gardens*® recipe.

After the laughter stopped, another woman at the table commented, "That doesn't surprise me. Those recipes are wonderful because they always work."

Naturally, I was pleased by both the story and the comment, and also reminded of a letter from an old friend, Dee Munson. Dee is a former *Better Homes and Gardens* food editor who is president this year of a national organization called Home Economists in Business (HEIB). She wrote and asked me to please use this space to say something nice about home economists.

**"Nine women brought the same *Better Homes and Gardens* recipe."**

How could I possibly refuse? I doubt there's another publishing company that relies as heavily on home economists as we do. Our staff includes 20 editors with degrees in home economics—five working for *Better Homes and Gardens,* and 15 for other Meredith publications.

In addition, our Test Kitchen staff includes 10 full-time and four part-time home economists, plus a food stylist and grocery shopper with home economics degrees. These folks, and their dedication to their jobs, are the big reason that our recipes "always work."

Let me tell you just how dedicated they are. In our Test Kitchen (actually 10 separate kitchens), our editorial staff and Test Kitchen home economists work together on recipes, consulting on such matters as ease of preparation and nutrition. Nineteen points are considered with every recipe, from the availability of ingredients to the number of pots and pans used.



GEORGE CEOLA

**They test till they get it right . . .**

Each dish is tasted by a panel of four to six home economists. They retest and retaste until they're satisfied that they have it right. Throughout the process, the emphasis is on making these dishes as easy to prepare as possible. We prepare and taste some 11,200 recipes a year. In the average year, our food bill totals $100,000.

Of course, things don't always go like clockwork. Test Kitchen Director Sharon Stilwell recalls several tense moments with crayfish, squid and eels, a spun-sugar fiasco, and one spectacular sauerkraut explosion.

But the point is that a lot of food and thought goes through this place before you see the recipes in our magazine. And, none of that would be possible without our very businesslike Home Economists in Business.

So, Dee, I'm glad to put in a good word for our HEIBs, and all the others, too. I genuinely admire their professionalism, and it just might get me some tasty morsels from the kitchen.

David Jordan

David Jordan, Editor

# A CLOSER LOOK REVEALS WHO'S LOWEST.




# NOW IS STILL LOWEST

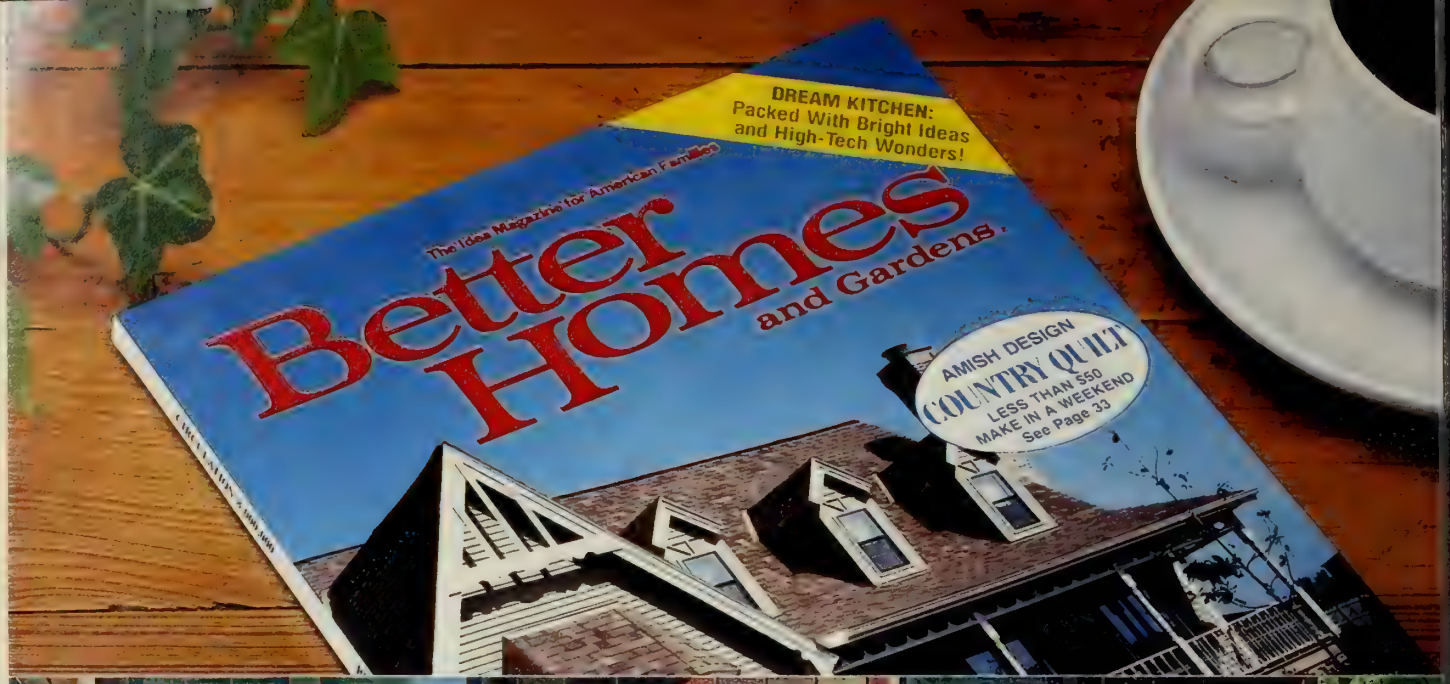
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Competitive tar level reflects the FTC method.

BOX: Less than 0.5 mg. "tar," less than 0.05 mg. nicotine, SOFT PACK FILTER, MENTHOL: 1 mg. "tar," 0.1 mg. nicotine, av. per cigarette, FTC Report JAN. '85; BOX 100's: Less than 0.5 mg. "tar," less than 0.05 mg. nicotine, SOFT PACK 100's, FILTER: 2 mg. "tar," 0.2 mg. nicotine, SOFT PACK 100's, MENTHOL: 3 mg. "tar," 0.3 mg. nicotine, av. per cigarette by FTC method.







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# AMERICAN MAJESTY

BY RONALD VAN RUYCKEVELT



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# This Easter, your kids can decorate and hunt Easter eggs with Snoopy

**The PEANUTS Kit—just 60¢ with any $5.00 Hallmark purchase**

Bring SNOOPY, WOODSTOCK, and the fun of decorating and hunting Easter eggs home to your family. The easy-to-use PEANUTS Kit comes complete with color tablets, egg dipper, drying tray, PEANUTS stickers, award stickers, and egg display stand. You'll even find Easter Beagle paw prints to guide your children along the egg hunt trail. The PEANUTS Easter Egg Decorating and Hunt Kit—just add eggs and kids...and spring into Easter at Hallmark! Available March 7 only at participating Hallmark stores while supplies last. Limit one per customer.

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# *Don't spend the next six years wondering if you did the right thing.*

Every time you make a big decision, a little voice inside you says, "Am I doing the right thing?"

In a world full of doubt, it's nice to know there are still some things you can count on. Like Chevy's 6/60 powertrain warranty*. Bring home a new Chevy, any new Chevy, and you can count on a 6-year, 60,000-mile (whichever comes first) warranty to cover your car's engine and transmission–the parts that make a car move.

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And every Chevy we sell carries 6/60–even imports like Sprint and Spectrum. So when that little voice starts talking, tell it about the 6/60 warranty. You'll both sleep a lot better.

*See your Chevrolet dealer for terms and conditions of this limited warranty.






THE *Heartbeat* OF AMERICA TODAY'S CHEVROLET

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Interior Decorators
Johnson's Swabs now come in beautiful Decorator Canisters, one for every room of the house.
Johnson & Johnson
The Clear Top Decorator Canister Design is a trademark of J&J BPC



# FAMILY NETWORK

## Readers' comments and solutions to family and community problems

### Walkers clean up

When I moved into this small community, there was a serious litter problem. Being an avid walker, I decided to take a garbage bag along every day and pick up a little at a time. Now other walkers have taken up the cause, and we're cleaning it up. Also, it seems people are less likely to litter if the area is already clean.

*Paul Marshall*
*Apache Junction, Ariz.*

### Bazaar leftovers put to good use

We had a lot of baked goods left over at the end of our community preschool holiday bazaar. Instead of dividing them up among the workers, we boxed up the goodies and took them to a nearby nursing home. The residents were delighted with the unexpected treat, and we came away with a good feeling.

*Jane McBride Choate*
*Loveland, Colo.*

### Exercise across the country

A friend's father, after suffering a serious heart attack, was told to ride an exercise bike every day. Because it was boring, the time he spent riding began to dwindle until he rode very little.

To revive his father's interest, my friend mounted a large map of the United States on the wall next to the bike, and provided a handful of pushpins. His father now goes on daily "trips," and has really put the miles on the bike. His health, well-being, and outlook on life all have improved since he started "traveling."

*Sedne L. Murray*
*Grandview, Mo.*

### Jealous stepchildren

*In one recent issue, a reader asked how to handle the problem of envy among stepchildren when some receive more gifts and treats than others. Here's one reader's response:*

Enlist the help of friends and "adopt" an aunt and uncle or grandparents for the two younger kids. These friends could invite the family to go on outings on weekends when the older children are visiting their "other" parents. You might have to help finance gifts and outings to make the arrangement work, but the peace of mind might well be worth the cost.

*Rose Owens*
*Livermore, Calif.*



***By sharing baked goods, you can bring a smile to an older person's face.***

### Different faiths

My husband and I are of different faiths—my husband, Jewish, and I, Presbyterian. We used to celebrate all the holidays and traditions of both faiths. But we are beginning to wonder if this might confuse our children, especially our daughter, since she is beginning to ask questions. We ask the readers of Family Network to share their opinions and experiences.

*Sherry K. Gollob*
*Stone Mountain, Ga.*

### WRITE TO US

Family Network welcomes letters describing how you solved problems involving family or community; or letters asking for help with an unsolved problem. Write to Family Network, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each letter published. BH&G

# Regional dishes in a dash.




With new Taste of Americana™ Just a spoonful or two does it.

Blackened Redfish, New Orleans Style. Savory California Chicken Tarragon. Spicy Rio Grande Fajitas. Or any of the 12 distinctly regional, distinctly delicious Taste of Americana seasoning blends. Each with an easy recipe on the jar. Available now in your grocer's spice section. So dash down and get some.

**Just add a spoonful of Americana.**

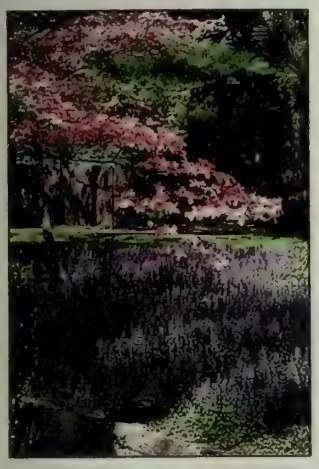
# Is there something in your detergent you don't want?




**Unscented Tide.** The One and Only 100% Perfume Free Detergent

# GARDENER'S ALMANAC

By Douglas A. Jimerson and Jane Austin McKeon



TREES

## DOGWOODS FOR SPRING BLOOMS

*Beautiful fall foliage, too*

For a breathtaking spring flower show, you can't beat a dogwood. Growing just 15 to 20 feet tall, these trees are compact enough to be planted near the house. Watch for two new and improved varieties, Cherokee Sunset (pink) and Cherokee Daybreak (white), in your garden catalogs next spring. Dogwoods are not hardy in the far North.

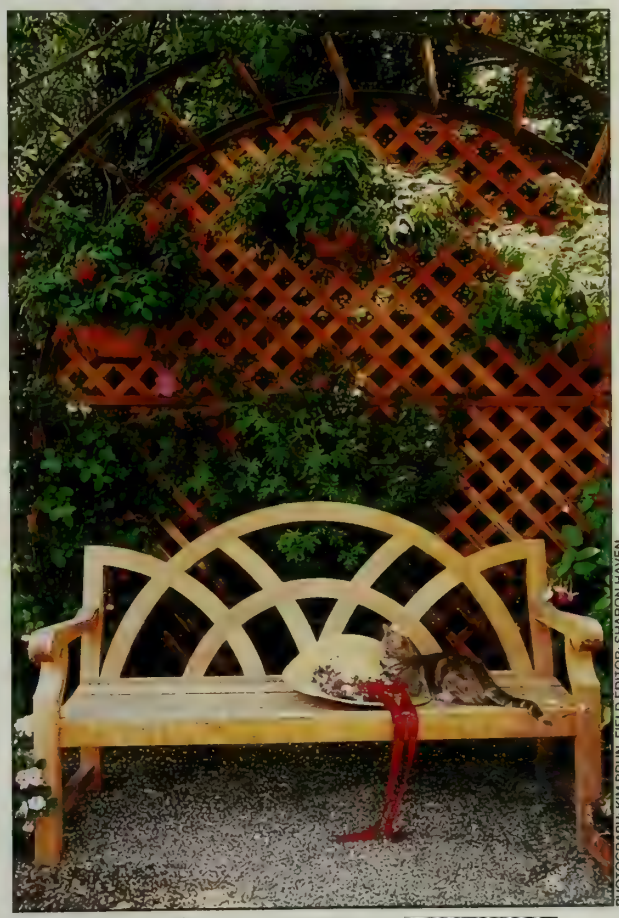
*Dogwoods and azaleas*



PHOTOGRAPHS: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

# WHAT'S GOING ON IN THE GARDEN

*Ideas and inspiration you can cultivate in 1988*



PHOTOGRAPH: KIM BRUN. FIELD EDITOR: SHARON HAVEN

*Smith & Hawken's Loveknot Garden Bench sells for $1,350.*

## LOVEKNOT BENCH

*Romantic styling for the garden*

**Reminiscent of the interlocking patterns of English herb gardens, the Loveknot Garden Bench is as enduring as a good marriage. The weather-resistant teak will fade to a rich gray.**



THE CONARD PYLE CO.

ROSES

## THREE HARDY NEWCOMERS

*Enjoy flowers all summer*

Here's a trio of shrub roses that blooms from spring to fall. These winter-hardy newcomers were developed by the House of Meilland, a famous French rose breeder. The roses come in white, scarlet, and pink (*above*). All three are available from Wayside Gardens, Hodges, SC 29695.




Grow the flower garden of your dreams with our new video. To order with a credit card, call toll-free 800/678-2672. Or, send check or money order for $21.85 plus $1.90 shipping to: *Better Homes and Gardens,* Dept. 6AD, Box 374, Des Moines, IA 50336. Specify No. 23503.

*continued on page 22.*



**Buying information, page 176.**

# GARDENER'S ALMANAC

*continued from page 21.*

TRENDS

## HOUSING BOOM FOR BIRDS

*High-rent roosts*

What do you buy for the bird who has everything? How about a finely crafted birdhouse or feeder? There's a whole flock of avian accommodations available this season in garden catalogs. Here are two of our favorites.



JOHN DEERE

***Holes under the eaves of the thatched-roof feeder welcome nesting wrens. $140***



GARDENER'S EDEN

***Use a Victorian-style birdhouse in the center of your flower border. $124.***

**Buying information, page 176.**

LANDSCAPES

## FRONT YARD FRAGRANCE

*A welcome mat of roses*



PHOTOGRAPH: RANDOLPH FOULDS. FIELD EDITOR: ESTELLE BOND GURALNICK

***Betty Prior roses are disease resistant and bloom all summer.***

**Plant roses where you can most enjoy their color and fragrance. Here, hybrid tea and floribunda roses grow in beds flanking the front walk.**

ROCK GARDENS

## COPE WITH A SLOPE

*A colorful solution*



PHOTO: ALAN ABRAMOWITZ. FIELD EDITOR: TRISH MAHARAM

***Ground-hugging flowers tamed this side yard.***

Transform a steeply sloping lot into a flower festival with low-growing plants like candytuft, basket-of-gold alyssum, armeria, heather, thyme, coralbells, aubrieta, moss phlox, crested iris, and viola.



SMITH & HAWKEN

TRENDS

## CLAY POTS ARE BACK

*A new twist to terra-cotta*

Gardeners are rediscovering the natural beauty of terra-cotta. (Can it be that plastic just isn't what it's cracked up to be?) The Long Tom Pots from Smith & Hawken (*above*) are great for deep-rooted plants. Sold as a set of three (one of each size) or individually.



MANTIS MANUFACTURING

NEW PRODUCT

## SELF-IRRIGATING RAISED BED

*No-work gardening*

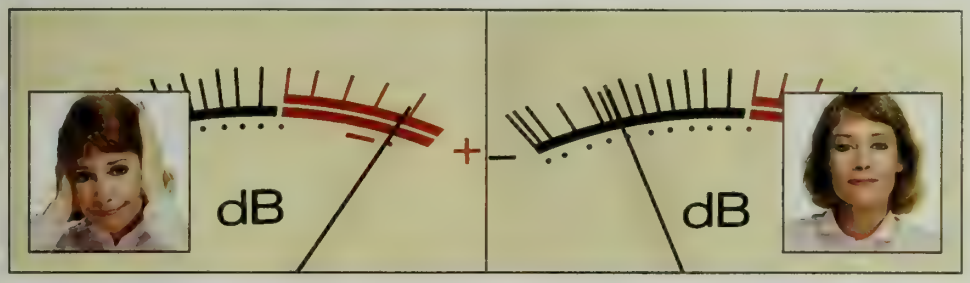
Mantis introduces the Garden Grid, a snap-together raised-bed gardening system. The hollow walls of the Garden Grid hold water that's delivered to your plants through small seep holes. A basic system will frame a 3×9-foot bed.

*continued on page 26.*

# SHHHHH!

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*Other small machines make* ***BIG NOISE.***




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There are a lot of compact food processors on the market. Now, there is a best one.

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You get both a standard work bowl and a second one with a chute for processing unlimited quantities. In 90 seconds or less it chops meat for 2 quarter-pound hamburgers, mixes batter for 6 muffins, or a dozen chocolate chip cookies, or prepares more than a cup of chicken salad.




It also makes dips, fillings for tacos, pizza, ice cream, chocolate sauce and fresh, nutritious baby food.

### SMALL SIZE

The Little Pro is so compact it will fit on a copy of TV Guide. It's easy to store or leave on your counter. Easy to use and clean, too.

### BIGGER WARRANTY

The Little Pro is protected for 3 years and the principal motor parts are warranted for 15 years (includes parts and even labor).

For more information, please write, Cuisinarts, Inc., 15 (E) Valley Dr. P.O. Box 2150, Greenwich, CT 06836-2150.

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# Menthol




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## Made especially for menthol smokers by Marlboro.

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# GARDENER'S ALMANAC

*continued from page 22.*




SUSAN GILMORE, FIELD EDITOR; PAT CARPENTER

.....AWARDS.....

## BLOOMING BOULEVARDS

*Flowers in the city*

Violet Gomberg's traffic-stopping, streetside flower garden is a winner. It took top honors in the annual Blooming Boulevards contest sponsored by the Minneapolis Committee on Urban Environment.

.NEW PRODUCT.

## STORE-ANYWHERE WHEELBARROW

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.....SPECIAL GARDENS.....

## AQUATIC PLEASURES

*Grow water lilies in pots*



PHOTOGRAPH: KARLIS GRANTS. FIELD EDITOR: CATHY HOWARD. GARDEN DESIGN: PETER CHAN

*Choose small, tropical water lilies for containers.*

**Elegant water lilies are simpler to grow than you might think. All you really need is a watertight crock. Order water lilies now for early summer planting.**

.....FLOWERS.....

## CRAFT A COTTAGE GARDEN

*Line your walk with blooms*



PHOTOGRAPH: LAURIE BLACK. FIELD EDITOR: BARBARA CATHCART

*Use annual flowers for brilliant color.*

You can duplicate the bloom-filled look of an English cottage garden by massing annual flowers in wide beds along your front walk. For spring flowers try primula, schizanthus, stock, pansy, and nemesia.



PETER KRUMHARDT

.....HERBS.....

## MAKE ROOM FOR GARLIC CHIVES

*Hardy in all climates*

Demanding only a sunny spot and well-drained soil, garlic chives offer a tasteful combination of spicy foliage and snow-white flowers. The plants, which grow 18 inches high, can be harvested at any time. Blooms appear in August.

.....VINES.....

## TRY SCARLET RUNNER BEANS

*Harvest food and flowers*



ROSALIND CREASY

Rely on scarlet runner beans whenever you need a quick, temporary screen. More vigorous than standard pole beans, scarlet runners will camouflage a wall with ease. Each vine produces scores of red flowers and bumper crops of tender pods. BH&G



**Buying information, page 176.**



Does your daughter's cheerleading outfit smell like it could jump around by itself?

Surf® Detergent's patented formula removes dirt and odors.




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BUILDING

# NAILING HAMMERS

## HOW TO CHOOSE AND USE THEM

**Select the right hammer for the job—if in doubt, ask a reputable hardware dealer to advise you which will work best. Use a hammer only for its intended purpose and store it properly, and it'll reward you with a lifetime of dependability.**

### Light or heavy

Common household hammers include claw hammers with curved claws for pulling nails, and ripping hammers, which have fairly straight claws for prying up and ripping apart boards.

For amateur woodworkers, hammers range in weight from 7 to 22 ounces—that's the weight of the head only. Lightweight models in the 7- to 13-ounce range are good for driving brads, tacks, and small finishing nails. Heavier hammers, from 16 to 22 ounces, drive larger nails. You'll usually find that the weight is engraved on the head of the tool.

For safety's sake, you're better off buying two hammers—one for light work and one for heavy work—than trying to use one for all kinds of jobs.

### Handles and heads

- Choose a durable handle. The traditional red hickory handle is strong and absorbs striking impact well. Fiberglass and chrome-plated tubular steel handles—usually with cushioned grips—are more durable because they won't rot or corrode.
- Good-quality hammers have a slightly curved face (striking surface) rather than a flat one. Checkered faces on some heavy-duty hammers help prevent glancing blows.

### Care and use

- Never use a nailing hammer to pry or to lift heavy objects, to pull spikes, or to pound very hard surfaces. Doing so can damage the tempered-steel head.
- When pulling nails with a claw hammer, place a block of wood beneath the hammer head to protect the work surface and increase leverage.
- Store your hammers in a cool, dry area to prevent rusting.
- Keep the striking surface clean and dry to avoid glancing blows. If the surface gets oily, clean it with a rag and then rub it with sandpaper.




PERRY STRUSE

**Claw (left) and ripping hammers are the two you'll probably use most.**


NABISCO BRANDS
© 1988
O-R-E-Ohhhh!
Fudge Covered
OREO



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# 4 TERRIFIC EXTERIOR MAKEOVERS

## MAKE YOUR OLD HOUSE NEW AGAIN

By Tom Jackson




PHOTOGRAPH: JEFFREY AARONSON. DESIGN: STEVENSON BUILDING AND DESIGN, INC.

**FROM TIMEWORN TO SPRIGHTLY,** this repainted home got a stylish boost from the proper application of field, accent, and trim colors.

# A SPLASH OF PAINT

**PAINTING OFFERS COLOR COMBINATIONS THAT ADD PIZZAZZ TO PLAIN HOMES AND SPARKLE TO ANY ARCHITECTURAL STYLE.**

Repainting a home requires that you choose three colors: the field color—for siding or brick, the trim color—for borders around windows and doors and the soffit and fascia, and an accent color—for shutters, the front door and any other small details.

If you need some ideas, look at newly painted homes in your neighborhood. This will also help you avoid color clashes with neighbors. Remember to include the roof color in your scheme, too.

### Dark vs. light

Dark colors make a house look smaller and light colors make a house look larger. Dark and bright colors also appear closer than they are, while lighter or faded colors look farther away.

### Accent and definition

The style of your house plays a big role in the color scheme. If you have a large facade with few details such as a ranch or Cape Cod style house, use contrasting field and trim or accent colors to help define the architecture.

You can also break up a large mass of siding by painting the second story or the gable ends a different color than the first story.

**COSTS**

- Exterior paint costs between five and 10 cents per sq. ft.
- Contractors charge between 12 and 30 cents per sq. ft. not including caulking, sanding or preparation.

*continued on page 34.*

*continued from page 33.*

# TERRIFIC EXTERIORS



PHOTOGRAPH: PERRY STRUSE




**FROM PLAIN TO PASTORAL,** this home gains a cozy appeal from the small scale of the shingles as compared with the siding before.

# SHINGLE MAGIC

**CHARMING AND PRACTICAL, THIS CLASSIC AMERICAN EXTERIOR CAN BE NAILED DIRECTLY OVER YOUR OLD SIDING.**

Shaped from bug-, water-, and rot-resistant cedar, shakes and shingles can last 40 years or more. Their comfortable, cozy look snuggles in handsomely with any wooded area from Maine to California.

## Personal preference

Shingles differ from shakes in that they are thin and sawn smooth on both sides. Shakes are thicker, split from a log, and rough on at least one side. Shakes are a bit more expensive and more durable, but otherwise there are no major differences. Choose shakes when you want a thicker, more dimensional look.

Shingles and shakes can be applied over almost any type of siding. They can be nailed directly over a flat wood wall, or wood sheathing. Over masonry materials and bevel siding they can be nailed onto inexpensive wood furring strips.

Many builders today use shingles that are bonded to an 8-foot plywood strip for faster installation.

## Stains and paint

To get the maximum life from shingles and shakes they must be stained or painted. To stain, use a clear penetrating stain that preserves the wood's color, or a weathering stain that provides a soft, gray color that mellows evenly with age.

The biggest drawback to shingles and shakes is their lack of fire resistance. Some are treated with fire retardants, but the chemicals tend to lose their effectiveness over time. Check the local building codes before making a decision.

### COSTS

- For labor and materials contractors charge about $2–$2.40 per sq.ft.
- Add 40–50 cents per sq.ft. for fire-treated shingles.
- Finishes cost 10–17 cents per sq.ft. if you do it yourself. Contractors charge around 16–20 cents per sq.ft.

*continued on page 36.*




# Lane: A Recliner Built For Two.

Buying a Lane Recliner can make both of you feel good. For different reasons. He'll love the way it surrounds him in absolute comfort. And how its smooth, quiet mechanism glides effortlessly into position. On the other hand, while all this is obviously important, you'll also appreciate the quality and craftsmanship that are synonymous with Lane.

And the wide range of designs, colors and fabrics that are yours to choose from. However, there is one thing you'll both enjoy equally. The feeling inside that says you've made the perfect choice for the two of you. A choice you'll be comfortable with for a long, long time. For a free brochure, write Action Industries, Dept. L030, Box 1627, Tupelo, MS 38802.

Action RECLINERS BY Lane®

STYLED WITH DUPONT DACRON XL For Extra Luster

*continued from page 34.*

# TERRIFIC EXTERIORS




PHOTOGRAPH: VINYL SIDING INSTITUTE

**NEW SHUTTERS AND SIDING** put some punch back into the appearance of this old facade, making it look years younger than before.

## SIDING FACE-LIFT

**WHEN PROBLEMS GO BEYOND PAINTING, THE ADDITION OF NEW SIDING CAN SUBTRACT 30 OR 40 YEARS FROM A HOME'S LOOKS.**

Putting on siding, whether it's in a new color, a new type of material, or a new size, can change the scale, style, and personality of a home dramatically.

Most beveled wood siding is milled from bug- and rot-resistant cedar and redwood. Both woods weather very well and are easy to repair. Their warm natural colors can be preserved using stain.

Rough sawn plywood siding has a board-and-batten look and comes in 4×8-, 4×9-, and 4×10-foot sizes.

All the natural wood products initially require restaining, usually three times in the first five years.

Hardboard siding has a smooth, paintable surface. It comes as beveled lap siding or in 4×8-foot sheets.

### Vinyl siding

Vinyl siding won't show scratches, but few manufacturers offer it in dark colors because of its tendency to fade over time. Unlike aluminium, vinyl will not dent, but it may crack if struck in very cold weather.

### Aluminum siding

Aluminum siding comes in dark colors, and although it can fade or chalk eventually, it can be restored quickly with paint. It is prone to denting and may pit if used near saltwater. Aluminum, however, is fireproof and very durable.

The re-siding process is an excellent opportunity to add insulation to any home that has none or needs more. With the old siding off, holes can be cut in the sheathing and insulation blown into the stud-wall cavity. Rigid-foam insulation can also be wrapped around the house before nailing up the siding.

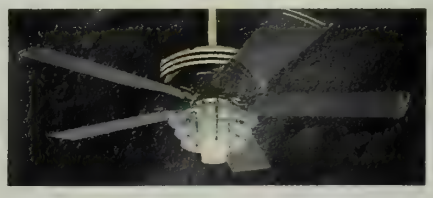
**COSTS***
- Beveled wood: $2.50–$4
- Hardboard: $2.20–$2.50
- Plywood: $1.75–$2
- Vinyl: $2–$2.50
- Aluminum: $2.35–$2.50

*Includes labor and materials per sq.ft.

*continued on page 38.*



# What do you mean, no one looks at the ceiling?



CASABLANCA FAN COMPANY

*When you have no room for second best.*

*For the dealer nearest you, call (1-800) 423-1821. In California (1-800) 352-8515.*

*continued from page 36.*

# TERRIFIC EXTERIORS




PHOTOGRAPH: RICK TAYLOR

**THIS 50-YEAR-OLD HOUSE** got a smooth, stylish face-lift and energy savings as well, using a stucco-finish, exterior insulation system.

## STUCCO REDUX

**GOOD OLD STUCCO JUST GOT HITCHED TO AN INSULATING SYSTEM THAT BRINGS YOUR HOME'S APPEARANCE UP TO PAR AND HEATING AND COOLING BILLS DOWN WHERE THEY BELONG.**

Traditional stucco, a mixture of cement, sand, and water, has always been a durable, economical exterior finish.

### Wraps curves

Unlike any other exterior siding, stucco can wrap around curves and follow irregular shapes. Its lack of line and pattern highlights the volume and proportions of a home and will flatter any good design.

### Insulating system

Today there are stucco systems that incorporate exterior insulation underneath a stucco finish as well. Sometimes called "outsulation," these systems start with some form of sheathing, usually exterior-grade gypsum board, nailed to the outside of the wall studs. Sheets of rigid-foam insulation, from 1 to 2 inches thick, are then fastened to the sheathing and the seams are sealed with tape.

Next, a fiberglass mesh is wrapped around the entire building and two coats of stucco are troweled over it. The stucco bonds with the fiberglass mesh to form a rigid, weatherproof shell.

### Flexible surface

In certain systems the stucco includes flexible, polymer-based ingredients (rather than the traditional cement-based mix) to help the surface resist cracks and punctures.

This system cuts energy losses in two ways. The walls get a boost in their R-value from about R-4 for 1 inch to R-10 for 2 inches of insulation. Creating this shell also cuts back on air infiltration, a common source of energy losses, epecially in older houses.

**COSTS**

- Traditional stucco: $3–$4.50 per sq.ft. installed.
- Insulating stucco systems: $3.50–$6.50 per sq.ft. installed.



# YOU DON'T NEED TO SEE THEIR KITCHEN TO KNOW THEY HAVE KITCHENAID.

THE APPEAL OF OWNING THE BEST HAS ALWAYS BEEN THE APPEAL OF OWNING KITCHENAID.

AND NOW, OWNING KITCHENAID IS MORE APPEALING THAN EVER. BECAUSE WE NOW OFFER A COMPLETE LINE OF PREMIUM APPLIANCES.

DISHWASHERS, OF COURSE. IT'S THEIR QUALITY THAT MADE OUR NAME.

BUT REFRIGERATORS, TOO. GENEROUSLY APPOINTED WITH PORCELAIN WHERE OTHERS HAVE PLASTIC. AND ROLLERS, SO BINS AND SHELVES GLIDE INSTEAD OF SCRAPE.

AND BUILT-IN OVENS WHICH LET YOU COOK FASTER AND BROWN MORE EVENLY. AND BUILT-IN COOKTOPS WHICH LET YOU PRECISELY DIAL ANY TEMPERATURE FROM THE LOWEST SIMMER TO THE HIGHEST BOIL.

WE HAVE FREE STANDING RANGES, TOO. ICE MAKERS. TRASH COMPACTORS. AND, FOR THE LAUNDRY, WASHERS AND DRYERS.

OVER 60 MODELS ALTOGETHER. AND EACH ONE IS BACKED BY OUR ONE-YEAR REPLACEMENT GUARANTEE, WITH SOME PARTS GUARANTEED AS LONG AS TEN YEARS. CONSULT YOUR DEALER FOR DETAILS.

SO YOU CAN NOW HAVE IN YOUR KITCHEN WHAT YOU WANT IN THE REST OF YOUR HOME—THE BEST OF EVERYTHING.

**KitchenAid**
FOR THE WAY IT'S MADE



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MOP & GLO
Floor Shine Cleaner
Cleans & Shines Both Regular And No-Wax Floors
Nobody outshines MOP & GLO.



# WALL COVERINGS FOR CHILDREN'S ROOMS

## BRIGHT IDEAS FOR WRAPPING KID SPACES



"PLAYTIME PARADE," COURTESY OF IMPERIAL WALLCOVERINGS

Placed where baby can see it, a playful border is sure to coax smiles.



"MORE KATZENBACH KIDS," COURTESY OF KATZENBACH & WARREN

Here, a mini-print wall covering and companion border lend a happy note.

**A wealth of kid-style, mix-and-match wall coverings, borders, and fabrics makes dressing up a room as fun and easy as child's play. Stretch your imagination—and your decorating dollar—with these ideas:**

- **Look** for durable, vinyl coverings. The scrubbable type are amazingly impervious to finger marks and crayon artistry. They're also more likely than uncoated papers to tolerate nicks and scrapes from toys.
- **Consider** investing in an age-neutral wall covering. Manufacturers offer many patterns that span age brackets, so your decorating scheme can grow up right along with your child.
- **Team** wall coverings with companion fabric for a pulled-together room scheme. You don't need to be a skilled seamstress to soften a window with a simple valance or to drape an old nightstand with a fabric square.
- **Place** borders just above the baseboard or at chair-rail or crib height for more impact (especially from a child's point of view). You can create your own chair-rail effect with ready-made, stick-on moldings, or simulate the look with 1½-inch-wide colored adhesive tape or rope braid. For an elaborate scheme, place coordinating wall coverings above and below the chair rail.
- **Punctuate** a painted room with a colorful border for a look that's different (and money saving, too).
- **Add** instant architecture by framing windows, doorways, mirrors, and built-ins with playful borders.
- **Imbue** your child's room with originality and charm by cutting simple motifs from a favorite wall covering pattern, then pasting them—decoupage fashion—on a crib, bed, toy chest, or changing table.
- **Remember** that wall coverings needn't be limited to walls only. Some of the most enchanting nurseries and children's rooms feature ceilings covered in eye-catching patterns and fanciful prints. BH&G

# HOW DO YOU DRESS A NAKED WINDOW?

Let's face it. Windows don't always come into this world dressed to suit you. So when you move, or things wear out, or just plain "ugly" out, you start the search for something special. Confess. How many times have you put that perfect room together, looked at the windows and said, "Now what am I going to do?"



*Can be custom-tailored to fit any size or shape.*

**Start with new and wonderful Duette® window fashions.**
This exciting new window fashion from Hunter Douglas does a lot more than cover your windows. It dresses them in style, with a rich, distinctive look that enhances any room, any decor.

**Get the luxurious feel of fabric.**
A marvelous thing happens when you first see a Duette window. You can't take your eyes off of it. Light filters through the soft, translucent fabric in a warm, radiant glow. Then you touch it.



Suddenly, its incomparable texture delights your senses. And you can't take your mind off the possibilities.

**Enjoy the perfect blend of beauty and function.**
Like any truly smart fashion, the Duette look is as versatile as it is beautiful. The exclusive honeycomb design adds strength, and allows Duette beauty to be custom tailored to windows of unusual shape or size.

This unique construction makes Duette products highly energy efficient. It also lets you choose from a full range of designer colors which face inside, while maintaining a consistent, uniform white outside.

*The innovative honeycomb design provides strength and energy efficiency. It's available in two pleat sizes: 3/8" and 3/4".*



**Count on lasting, timeless beauty.**
Rarely is something this precious so easy to care for. What's more, Hunter Douglas guarantees* Duette products.

Once you've seen a Duette-dressed window, you won't be satisfied with anything else. So call us today. And dress those naked windows with Duette window fashions.



*Versatile top-down/bottom-up operation.*

Duette products are available at custom window covering and fine department stores. For your free fabric sample and catalog, call 1-800-32-STYLE, or write to Hunter Douglas Window Fashions, Department A, P.O. Box 5505, Peoria, IL 61601.

Duette®

by HunterDouglas

*Like no other window covering in the world*

*Contact Hunter Douglas for more information on the Duette three-year Limited Warranty.

*This product is covered by one or more of the following U.S. patents, in addition to many foreign patents and other pending U.S. patents: 4,450,027 4,603,072. Made in USA.*

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Instead of plastering and replastering cracks in your old ceiling, cover them once and for all with an Armstrong ceiling. Our Easy Up® Installation Kits make an Armstrong tile ceiling easy to install. And many Armstrong ceilings are acoustical. They spruce up a room and help keep the noise down.

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APRIL

# MONEY MATTERS

## GOOD NEWS ABOUT LONG-TERM CARE INSURANCE

*More providers, more choices*

Just a year ago, we ran a brief article in *Better Homes and Gardens* about nursing-home insurance. Though the coverage wasn't widely available then, interest in the topic was intense, judging from the letters we received. Little wonder, with nursing-home costs running a backbreaking $20,000 to $30,000 a year or more.



STEVE BJÖRKMAN

**Better protection.**

The good news: Many more long-term-care policies are now available, or soon will be, on a much broader basis than a year ago. Such major insurers as Aetna and John Hancock are going national with individual products, for example. AMEX Mutual is still strong in the market, and Blue Cross/Blue Shield organizations presently offer the coverage in several states. So do such organizations as the American Association of Retired Persons (AARP).

### Compare before buying

Benefits have broadened, along with availability. Some companies now offer partial home-care coverage. Age ranges are wider, too, so you can get lower annual premiums. Example: Under John Hancock's Protectcare, a 40- to 44-year-old would pay $180 a year for $100 a day benefits to cover skilled, custodial, or home care for six years. (There is a 100-day waiting period before benefits begin.) Costs for the same policy starting at age 55, $320; at 65, $740.

Policies differ widely in terms of eligible facilities, daily benefits, premiums, and other factors, and not all policies are available in every state. Contact the insurance commissioner's office in your capital to find out who sells where you live. Check the company's ratings by A.M. Best Company. Then get details on several policies before signing up.

### More information

- For a list of private insurers offering products in your state: Health Insurance Association of America, Dept. BH, 1001 Pennsylvania Ave., NW, Washington, DC 20004-2599. Also ask for their free pamphlet, "The Consumer's Guide to Long-Term Care Insurance."
- "Choice Time," free from Aetna, Box 104, Dept. B, Hartford, CT 06156.
- "Coming of Age," free from John Hancock, Elderly Products Dept., T49, P.O. Box 111, Boston, MA 02117.
- "Before You Buy," free from AARP fulfillment, Dept. B, Health Advocacy Services, 1909 Street, NW, Washington, DC 20049.

## DOES IT STILL PAY TO DO AN IRA?

*Last call for '87—and worth a look*




**Still a tax break.**

Though the lump-sum deduction for IRA contributions was eliminated for many taxpayers last year, taxes on the income are still deferred. That way, your funds work for you full time, and your money piles up faster. Unless better devices are available—like a 401(k) program at work, for example—take a serious look right now at this retirement tax break.

Act before April 15, and you can set up an IRA for 1987 and still open a 1988 fund now or later. That gives a married working couple the possibility of putting up to $8,000 to work, tax-deferred, before you must file your 1988 return:

- Anyone who is employed can contribute up to $2,000 a year to an IRA—$2,250 for one-income couples—with the income tax-deferred until withdrawn after age 59½. There may be penalties for early withdrawals; check details.
- Annual contributions are tax-deductible for anyone NOT covered by an employer retirement plan, such as a pension, profit-sharing, or stock-purchase plan. Couples with just one spouse covered are still considered by the IRS to be covered.
- Even if you are part of an employer plan, you can fully deduct your contribution when your adjusted gross income (AGI) falls below $25,000 for an individual, $40,000 on a joint return (filing separately won't get around this rule). Partial deductions are allowed for individuals with AGIs between $25,000 and $35,000, couples between $40,000 and $50,000.
- All sorts of financial institutions offer IRAs, in a great variety of savings and investment modes. Compare carefully.

## BIWEEKLY MORTGAGES MAY TAKE OFF

*Build equity faster, save a bundle*



**Pay every two weeks.**

How would you like to save up to $60,000 interest on a $70,000 home loan—just by splitting the monthly payment in two and paying every two weeks, or 26 times a year? That's what's possible on a typical 30-year, 10.5% biweekly mortgage these days. You'll also cut the payoff time to 20 years.

Long available but not widespread, biweekly mortgages may burgeon now, thanks to the decision of The Federal National Mortgage Association (Fannie Mae) to purchase and package such loans for the secondary market, beginning February this year. That should cut lenders' processing costs, making them more likely to offer the loans. BH&G

*—By Margaret Daly*




Royal Oak Panel

# WANT TO LIGHTEN YOUR WORK IN THE KITCHEN?

*A lot of light, right where you want it. That's what an Armstrong suspended ceiling gives you. Fluorescent fixtures can be built into the ceiling to brighten up kitchen work areas. And many Armstrong designs are washable and fire-retardant, ideal features in a busy kitchen.*

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*makes your home so nice to come home to℠*

# GUILT-FREE DESSERTS

## LOW IN FAT, RICH IN FLAVOR

**Just because you're policing your diet doesn't mean you need to swear off dessert. You can feast on either of these mealtime finales for fewer than 200 calories, and a mere 3 or 4 grams of fat. What are you waiting for? Indulge!**

### TROPICAL FRUIT MEDLEY

*Combine 4 succulent fruits; cap with a creamy, honey-flavored, low-fat sauce—*

- ¼ cup plain low-fat yogurt
- 2 tablespoons Neufchâtel cheese, softened
- 2 teaspoons honey
- ⅛ teaspoon ground ginger

• • •

- 1 8-ounce can mandarin orange sections
- 1 8-ounce can pineapple chunks
- ⅓ cup seedless grapes, halved
- ⅓ cup sliced banana
- 1 tablespoon lemon juice
- 1 tablespoon toasted coconut



SCOTT LITTLE

**TROPICAL FRUIT MEDLEY:** A treat!

For sauce, in a small mixing bowl stir together yogurt, cheese, honey, and ginger till mixture is smooth; cover and chill, if desired.

Drain orange sections and pineapple chunks. In a medium mixing bowl combine orange sections, pineapple chunks, and grape halves. In a small bowl toss together banana slices and lemon juice; add to fruit mixture. Chill.

To serve, divide the fruit mixture among 4 dessert dishes. Top each with some of the sauce and the coconut. Makes 4 dessert servings.

***Nutrition information per serving:*** 101 cal., 2 g pro., 19 g carbo., 3 g fat, 6 mg chol., 40 mg sodium, 253 mg potassium, 2 g dietary fiber. U.S. RDA: 10% vit. A, 35% vit. C.







©1988 Stouffer Foods Corporation

## RHUBARB COBBLER WITH OAT DUMPLINGS

*Break from the traditional cobbler toppers! Dollop on a spoonful of low-fat vanilla yogurt instead of the usual high-fat cream or ice cream—*

- ¾ cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- ½ cup orange juice
- 1 pound fresh *or* frozen rhubarb, sliced into 1-inch pieces (4 cups)

• • •

- ½ cup all-purpose flour
- ¼ cup whole wheat flour
- ¼ cup quick-cooking rolled oats
- 1½ teaspoons baking powder

• • •

- ½ cup skim milk
- 2 tablespoons cooking oil

• • •

- 1 tablespoon sugar
- ¼ teaspoon ground cinnamon

In a small saucepan stir together the ¾ cup sugar and the cornstarch. Stir in the water and orange juice. Cook and stir over medium-high heat till the mixture is thickened and bubbly. Add the fresh or frozen rhubarb pieces; cook and stir till the mixture returns to boiling. Remove from the heat. Cover the mixture to keep warm.



**RHUBARB COBBLER:** It's scrumptious!

For dumplings, in a medium mixing bowl stir together the all-purpose flour, whole wheat flour, rolled oats, and baking powder. In a 1-cup glass measure stir together the skim milk and cooking oil. Add the milk mixture to the flour mixture; stir just till flour mixture is moistened. *Do not* overmix.

Transfer the warm rhubarb mixture to a 2-quart casserole. *Immediately* spoon the dumpling batter into 8 mounds on top of the warm rhubarb mixture. In a small dish stir together the remaining 1 tablespoon sugar and cinnamon; sprinkle over the top of the dumplings. Bake, uncovered, in a 425° oven about 20 minutes or till a toothpick inserted in the center of a dumpling comes out clean. Serve warm. Makes 8 dessert servings.

***Nutrition information per serving:*** 191 cal., 3 g pro., 37 g carbo., 4 g fat, .3 mg chol., 67 mg sodium, 250 mg potassium, 2 g dietary fiber. U.S. RDA: 18% vit. C, 11% calcium.




# complete dinners from Stouffer's.®




*Tangy Chicken Dijon. Honey-cured Glazed Ham Steak. Traditional Roast Turkey Breast. And zesty Cheese Stuffed Shells. All with the great taste Stouffer's is famous for. Now Stouffer's Dinner Supreme® makes fourteen delicious chicken, turkey, beef, veal, ham and pasta dinners. All microwaveable. And most, under 395 calories. Why not try one tonight?*

# KINDERGARTEN STRATEGIES FOR TODAY

## HOW TO MAKE SURE YOUR CHILD GETS A GOOD START IN SCHOOL

By Mary Conroy

**Is your child ready for the academic rat race that today's kindergartens offer? Does it do any good to hold kids back?**



STEVE BJÖRKMAN

**Should parents push kids?**

### Kindergarten: Ready or not?

Mary Johannes remembers how hard it was to decide whether to hold her son back an extra year before kindergarten. "We went round and round all summer," she says. "One week I was sending him; the next week, I wasn't."

In the end, she decided to keep him home. Why? "He would have been one of the youngest in the class. I knew from my teaching experience that the younger kindergartners don't do as well academically as the older ones," she says. "We finally decided that all the risks were in sending him. We felt there weren't any in keeping him back. We just wanted to give him an edge."

Jeanette Else agonized over the same decision and came to a different conclusion. "You have to remember that their whole lifetime is ahead of them," she says. But she knew her son was mature even though he was barely 5. So she enrolled him, against the advice of the teacher.

And if she had it to do over again? "We'd make the same decision," she says. "He might have had a discipline problem if he'd been held back. He got so irritated with band and music as it was, having to go over it and over it, to wait for other children."

### Tough choices for parents

Deciding when to enroll your child can be a real dilemma. Many parents think that when it comes to reading, sooner is better. So they're pleased when the Educational Research Service says that most kindergartens emphasize reading (*see box*). But early reading instruction is linked to later failure, and many teachers say it contributes to increased stress.

Yet holding a child back from that pressure cooker may do more harm than good: Dr. Floyd Hammack of New York University says that students who are overage when they enter high school are more likely to drop out later.

### NO MORE NAPTIME

If you're over 35, you might not recognize today's kindergarten. Before 1958, kindergarten introduced children to colors, coat racks, and cooperation. But ever since then, kindergarten has become a cutthroat world of academic competition.

- **Some 85 percent** of kindergartens stress academic achievement.
- **Almost 70 percent** of all kindergartens now teach reading.
- **Most kindergartens** now use the first-grade curriculum of 30 years ago and pack that curriculum into just a half day.
- **Despite the emphasis** on academic kindergartens, overall student achievement has declined steadily since the '50s.

### Is your child ready?

Most parents use size, skills, and maturity to decide whether their child is ready for school. But experts emphasize only maturity.

- **Size.** Size isn't that crucial, says Harriet Egertson, early childhood consultant for the Nebraska Department of Education. Don't hold your child back just because of height, she says.
- **Skills.** Academics aren't as critical as many people think. Although the younger kindergarten children may lag behind older ones in achievement, the small difference disappears by the end of third grade, says Dr. Lorrie Shepard of the University of Colorado.
- **Maturity.** Many educators say that emotional maturity is crucial. Children who cry over every little frustration, for instance, may need time to develop enough patience for schoolwork. Still, Egertson says that some children who are labeled "immature" are just younger than their peers. The problem is with the school, not the child, she says.

In fact, many children who are called "immature" simply haven't learned the basic social skills that kindergartens used to teach. Today's 5-year-olds may play video games and be preschool graduates, but they still have trouble sharing and staying with a task.

That's what kindergartens should be teaching, says Dr. Sue Bredekamp, director of the National Academy of Early Childhood Programs. "Learning to deal with peers, to work in a group—those things last throughout your life just as much as reading." But when kindergarten teachers are forced to teach reading and math, there's no time for social skills.

*continued on page 48.*

INTRODUCING NEW SEVEN DAY STAIN STICK™ FROM SPRAY 'N WASH®

# Now you can put off washing till the end of the week!




"When I've got a tough stain, I treat it with new **Stain Stick** and can put off washing for a day...




Or two days... Or three days... Or four days...




Five I love this! Or anytime up to a week!"






Try new **Stain Stick** from Spray 'n Wash.




**For stains you thought would never come out.**

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My mommy and I love to spend time together in the mornings. She holds me close and tells me wonderful things. I feel soft and warm in my Spencer's drawstring gown.

Spencer's
INFANT AND CHILDREN'S WEAR

Sleepwear meets Federal Government Flame Retardant Standards.

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POLYESTER FOR INHERENTLY FR FABRICS

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## KINDERGARTEN STRATEGIES FOR TODAY

*continued from page 46.*

### What works

As a parent, you still have several options. Educators recommend these:

- **Start early.** Investigate your district's kindergartens when your child is 2 or 3. If your school district offers only an academic kindergarten, meet with the school board to ask for a kindergarten geared toward 5-year-olds, not 6-year-olds. Such programs should stress the arts, social skills, and free play rather than reading and math.
- **Shop for kindergartens.** Visit nearby public and private kindergartens. Compare the activities with those listed in "Good Teaching Practices for 4- and 5-Year-Olds," *(see box).*
- **Exercise your rights.** Children who meet the age cutoff have a legal right to attend kindergarten. Even if you're advised to wait a year, you still have the right to enroll your child.
- **Enroll your child in a 5-year-old preschool class.** In most states, kindergarten is not required. You may find a 5-year-old preschool class better for your child. Preschools are more likely to stress language and social skills. After attending the preschool class, children who meet the age deadline can enroll in the public school's first grade.
- **Don't keep your child out of school.** Even if you decide to delay your child's kindergarten experience, provide a preschool or play group that will develop language and social skills. Such settings encourage children to share, take turns, and express ideas.

### What doesn't work

Beware of these techniques. Studies show that they're ineffective:

- **Kindergarten screenings.** Shepard says screening tests are so inaccurate that your child has a 50–50 chance of being mislabeled "not ready." No child has to take tests to get into kindergarten. The school must accept any child who meets the age deadline.
- **Two years of kindergarten.** Some schools fail up to one-third of their kindergarteners, says Linda Conner, supervision coordinator of child development studies at Purdue University. But studies show that retaining kids doesn't help academically, and does hurt their self-esteem.
- **Transition rooms.** Many school systems place students in transition rooms—special programs between kindergarten and first grade. But studies show that transition rooms don't work any better than retention.
- **Raised entrance age.** Many areas have changed the cutoff date for kindergarten admission. In Boston, children must be 5 by September 1, instead of the old date of December 31.

Why? Because kindergarteners who are under 5 are more likely to fail a grade. But that's because teachers use age to decide on retention, Shepard found in a teacher survey. Given two children *with the same skills,* the teachers said they would fail the younger child and promote the older one.

### FOR MORE INFORMATION

Read "Good Teaching Practices for 4- and 5-Year-Olds." Send a self-addressed stamped business envelope to: National Association for the Education of Young Children, Dept. BHG, 1834 Connecticut Ave., NW, Washington, DC 20009.



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# FAMILY HEALTH

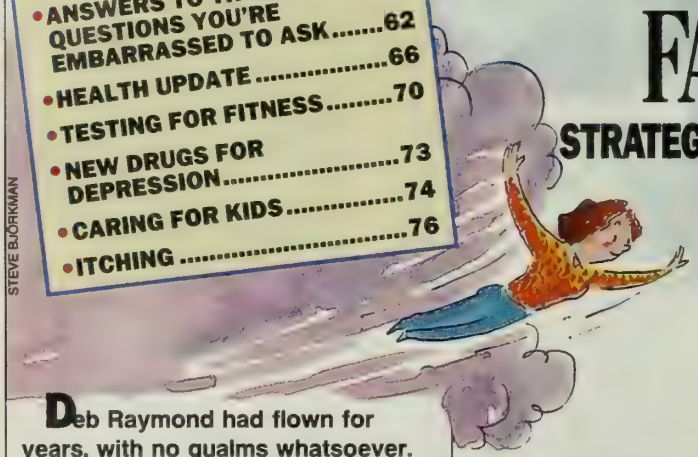
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# FLYING IN THE FACE OF FEAR

## STRATEGIES TO OVERCOME FLIGHT PHOBIA

By Mary Conroy



STEVE BJORKMAN

**Deb Raymond had flown for years, with no qualms whatsoever. Then, for no apparent reason, she panicked. Without warning, her hands turned icy, her heart pounded, and she broke out in a sweat. Each flight made it worse. On the third trip in two months, she suddenly grabbed a total stranger next to her and asked if they were going to crash.**

**Fear of flying grips even experienced travelers. But you can learn to fly without fear and trembling. Here's help.**

### A common problem

Deb has lots of company. Some 15 million Americans fear flying, the Boeing Corporation found. For flying phobics, the physical symptoms are all too familiar: sudden sweating, racing heart, and an intense desire to escape.

Those symptoms scare phobics more than any crash they can imagine. Most phobics fear losing control, found the Phobia Society of America. "I wasn't afraid of dying," Deb says. "I was afraid of being panic-stricken in front of everyone on the way down."

But flying was important to Deb, for both business and personal reasons. Rather than give in to her fear, she set out to conquer it.

### What works

Fear of flying can be cured, as Deb discovered. No approach works for everyone, but one or more of these treatments works for many phobics:

- ***Rituals.*** Phobics will try anything to regain the feeling of being in control. Deb finds it comforting to sit near the front of the plane. Others bring along good luck charms.
- ***Self-help books.*** Deb recommends *White Knuckles: Getting Over the Fear of Flying* (By Layne Ridley, Doubleday, $5.95). The author, a former phobic herself, approaches the topic with an appealing sense of humor.
- ***Audiotapes.*** Some fliers like to use hypnosis tapes in the air. Deb used "Fear of Flying" (from Potentials Unlimited, $9.99). Other phobics prefer the SOAR tape series, in which pilot Tom Bunn combats fears with facts. For instance, he says your chances of dying in a plane crash are one in three million. But your chances of being murdered are one in 133. To talk with Bunn, call 1-800/332-7359.
- ***Systematic desensitization.*** This widely used approach gradually exposes you to what you fear, says Dr. Joseph Wolpe of the Eastern Pennsylvania Psychiatric Institute.

First you learn relaxation techniques. Once you're relaxed, the therapist asks you to visualize increasingly frightful images. For example, you might start by imagining yourself boarding the plane. You hold the image until you're comfortable. Then you continue, alternating relaxation with the next frightening image, until you reach the most frightening one—say, a crash.

- ***Cognitive therapy.*** Many clinics add cognitive therapy to desensitization, says Dr. Ruth Greenberg, senior consultant at Philadelphia's Center for Cognitive Therapy. Cognitive therapy teaches you to rethink mistaken beliefs. Flying phobics learn to challenge the idea that they won't be able to control their own panic symptoms.

Dr. Greenberg asks you to imagine what you fear—takeoffs, for instance—to bring on panic symptoms. While your heart is racing, she mentions that millions of people have racing hearts every day, and most calm themselves by breathing deeply or concentrating on something else.

But imagining flights isn't enough, according to Deb. "I never stopped flying," she says. "I just told myself I could do it." By facing her fears, she soared to new heights, and so can you.

### FOR MORE INFORMATION

To learn more about phobias and their treatment, don't be afraid to send a self-addressed business envelope with 39 cents postage to: The Phobia Society of America, P.O. Box 42514, Washington, DC 20015.

# Is it true a woman can become pregnant only one time a month?

## FIRST RESPONSE® answers intimate questions for women.

It's true. A woman can conceive only when she ovulates. That normally happens just one time a month and sexual intercourse must be planned for that time. Timing is critical because a woman's egg lives only about 24 hours after ovulation, while a man's sperm can survive up to 72 hours. FIRST RESPONSE® Ovulation Predictor Test helps a woman predict the right time to conceive.*



**Can a couple decide to have a winter or spring baby?**

It is possible to plan your pregnancy. Normally, it takes 4 to 6 months to conceive and this can make planning difficult. The FIRST RESPONSE Ovulation Predictor Test helps in timing conception, since it detects the hormone that triggers ovulation. This lets a woman know when her egg can be fertilized.

**How does FIRST RESPONSE Ovulation Predictor Test compare with basal body temperature charts?**

FIRST RESPONSE is superior to the temperature chart method, because it predicts ovulation before it happens. The temperature chart method indicates that ovulation has already occurred, which may be too late for you and your husband to conceive. And, with FIRST RESPONSE you only test for 6 to 9 days. With temperature charts you must test daily.

**How early can a woman find out if she is pregnant or not?**

A woman can know on the day her period is due by using the FIRST RESPONSE® Pregnancy Test. It is so sensitive, it can detect very small amounts of the pregnancy hormone. No other home test can be used earlier.

**Why is the FIRST RESPONSE Pregnancy Test better than other home pregnancy tests?**

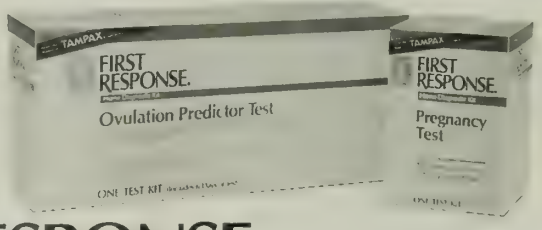
FIRST RESPONSE is the fastest home pregnancy test. It gives you a "yes" or "no" result in just 10 minutes: turns blue for pregnant; stays clear for not pregnant. And you can test any time of day.

**What do doctors say about testing with FIRST RESPONSE?**

More and more doctors are recommending the FIRST RESPONSE Ovulation Predictor Test to women who want to conceive.

Doctors also believe early pregnancy testing lets a woman take better care of her unborn baby. The FIRST RESPONSE Pregnancy Test is 99% accurate in laboratory testing. And since it is done at home, you can have a reliable answer sooner.

*Questions? Call toll free 1-800-523-0014.*




FIRST RESPONSE®
HOME DIAGNOSTIC KITS

**One test is worth a thousand guesses.**

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*FIRST RESPONSE® Ovulation Predictor Test is not effective as a contraceptive.

From the maker of TAMPAX® Tampons

# DIET AND HEALTH



## LOWERING YOUR CHOLESTEROL

By Lisa Mack

### START WITH A BLOOD TEST

Many people are trying to decrease their chances of heart disease by reducing their cholesterol. But before you start an egg boycott, do as the recent National Heart, Lung and Blood Institute (NHLBI) guidelines suggest: Have a simple blood test. Then ask your doctor, "What's my cholesterol number?"

### What your number means

Your blood test tells how many milligrams of cholesterol are in one deciliter of blood. Review the results with your doctor, keeping in mind that as you age, cholesterol levels tend to rise. The following NHLBI guidelines are for healthy adults (under 60 years of age).

| If your total cholesterol is: | You should: |
|---|---|
| 200 mg or less | Be happy; you're just fine! |
| 200 to 239 mg | Avoid saturated fats; you're "borderline" |
| Above 240 mg | Ask your doctor about specific diet and *possibly* drug therapy; you're classified "high" |

### Lower your number

Your diet is an important way to reduce cholesterol levels. In addition to dietary cholesterol, avoid saturated fats because they increase the cholesterol level in blood. Eating less saturated fat has as much effect in lowering your number as eating less cholesterol. To lower saturated fat:

- Eat less animal fat like poultry skin, high-fat meat cuts, and *whole* milk.
- Increase the amount of whole grains, vegetables, fruits, and legumes you eat.
- Keep your fat intake at 30 percent of your calories.

### EATING LESS SATURATED FAT CAN LOWER YOUR CHOLESTEROL

In general, saturated fat is found only in animal products and is more abundant in solid fats like butter or lard—

| Limit Foods High In Saturated Fat *(More than 2 g of saturated fat per serving)* | Rely on Foods Low In Saturated Fat *(Less than 2 g of saturated fat per serving)* |
|---|---|
| Whole milk (1 cup) | Skim milk (1 cup) |
| Cheddar cheese (1 oz.) | Low-fat cheese (1 oz.) |
| Peanut butter (1 tbsp.) | Lean cooked ham (2 slices) |
| Bacon (2 strips) | Canadian bacon (2 slices) |
| Butter (1 tbsp.) | Corn oil margarine (1 tbsp.) |
| Dark meat poultry (3 oz.) | Light meat poultry (3 oz.) |
| Frankfurters (1) | Fish (3 oz.) |

*Source: American Heart Association; Cholesterol and Your Heart*

### SALMON FUSILLI

*A low-fat, cholesterol-fighting meal—*

**6 ounces fusilli *or* fettuccine**
**2 cups broccoli flowerets**
**1 12½-ounce can boneless, skinless pink salmon**
**1 tablespoon margarine**
**4 teaspoons cornstarch**
**1 cup skim milk**
**½ teaspoon instant chicken bouillon granules**
**¼ teaspoon dried tarragon, crushed**
**1 tablespoon lemon juice**

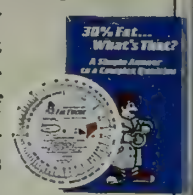
In a kettle cook pasta and broccoli 10 to 12 minutes. Drain. Add *drained* salmon. In saucepan melt margarine. Blend in cornstarch. Add milk, bouillon, and tarragon. Cook till bubbly. Cook 1 minute more. Remove from heat. Stir in lemon juice. Spoon sauce over pasta. Sprinkle with *snipped parsley* and *pepper*. Makes 4 servings.

***Per serving:*** 312 cal., 23 g pro., 40 g carbo., 6 g fat (1 g sat. fat), 26 mg chol., 169 mg sodium, 2 g dietary fiber.

SCOTT LITTLE

### FIGURE YOUR FAT PERCENTAGE

Lowering your blood cholesterol by having 30 percent or fewer of your calories come from fat is great in theory, but how do you figure that percentage? First, know that every gram of fat contains 9 calories. For example, the percent of calories from fat in a cereal with 110 calories and 2 g fat per ounce would be: (2×9) = 18 calories ÷ 110 = 16 percent.




Or, carry the Fat Finder that tells you the percentage of fat in a food if you know the grams of fat and calories. To order for $4.95 (includes shipping), write: 4403 Manchester Ave., Suite 107, Encinitas, CA 92024.

### What's on Your Mind?

If you have diet and health concerns, favorite good-health recipes, and cooking tips, we'd like to hear from you. Send letters to: Diet and Health, P.O. Box 7, Des Moines, IA 50336. No materials will be acknowledged or returned.

# One of the best ways to lose weight may be to eat more fiber.



That's because foods with a lot of dietary fiber, like the California prune, provide roughage. So you feel full. And fiber foods smooth out the absorption of nutrients, which may help reduce hunger between meals.

In other words, with a balanced diet—less fat, more fiber, moderation, and a variety of foods—you'll be well on your way to a trimmer you.

And few foods are a better choice for fiber than prunes. They're one of the richest sources of fiber—with 9 grams per serving. Prunes are also a good source of Vitamin A and potassium. With no fat, no cholesterol, and almost no sodium.



*One way to serve your family prunes is baked into a muffin. You'll find more helpful serving suggestions in our free brochure. For your copy, write to Prune Ideas, P.O. Box 882168, San Francisco, CA 94188-2168.*

Besides, while prunes are a spoonful of natural sweetness, each prune has just 25 calories. Dieting never tasted so good.

## Prunes. The high fiber fruit.

©California Prune Board 1987

## HIGH-FIBER FOODS

# A BOON FOR DIABETICS

**Increasing the fiber in a daily diet is beneficial to most everyone. But studies show that there may be double the health benefits for people who have diabetes.**

### Fiber and diabetes

Recent research indicates that persons with diabetes benefit from a diet high in fiber and complex carbohydrates. A high-fiber diet can minimize large fluctuations in blood glucose and help lower glucose levels. As a result, some people with diabetes often can get by with reducing insulin doses or eliminating insulin completely.

In the past, people with diabetes were restricted to a diet in which 40 percent of the total calories came from carbohydrates. Now 50 to 60 percent of total calories from carbohydrates is normal. Chances are that if you're eating more fiber, you're eating less fat and the proper amount of protein. That's because most foods high in dietary fiber are virtually cholesterol- and fat-free. The diet change reduces the high level of blood fat often found in a person with diabetes.

### Increasing your fiber

Consuming 25 to 30 grams of fiber in a day is considered a good high-fiber diet—not just for people with diabetes, but for most healthy adults, too. Substitute foods that are high in fiber for ones that are low in fiber. Using a variety of high-fiber foods (rather than singling out one source or relying on fiber supplements) produces the most beneficial effect. Increase dietary fiber gradually. Add fiber to your diet over a period of three to four weeks and drink plenty of water. Before making any dietary change, consult with your physician, dietitian, or qualified nutritionist for specific ways to add fiber to your diet.



SCOTT LITTLE

**Bulgur and Vegetables: a fiber-filled side or main dish.**

#### HIGH-FIBER FOODS

*Adding dietary fiber can be a simple task. Choose from these high-fiber foods whenever possible:*

| | |
|---|---|
| **BEANS AND CEREALS** | |
| All-bran cereal (1 oz.) | 9 g |
| Bran flakes (1 oz.) | 4 g |
| Bran muffin | 3 g |
| Whole wheat bread (1 slice) | 2 g |
| Oatmeal (1 oz.), cooked | 2 g |
| **VEGETABLES AND FRUITS** | |
| Dried apricots (¼ cup) | 8 g |
| Stewed prunes (½ cup) | 8 g |
| Corn on the cob (1 ear), cooked | 6 g |
| Baked potato (1 medium), with skin | 4 g |
| Peas (½ cup), cooked | 4 g |
| Broccoli (½ cup), cooked | 3 g |
| Apple (1 medium) | 3 g |
| **COOKED LEGUMES** | |
| Navy beans (⅓ cup) | 5 g |
| Kidney beans (⅓ cup) | 5 g |

### Too much of a good thing

Fiber is good for you, but too much (over 35 grams of fiber a day) can be harmful. Exceptionally high-fiber diets can lead to dietary deficiencies by depleting dietary proteins and minerals. Fiber can bind with these nutrients and remove them from the body.

#### BULGUR AND VEGETABLES

- 1¾ cups water
- ⅓ cup chopped onion
- 1 teaspoon low-sodium bouillon granules
- 1 clove garlic, minced
- 1 cup sliced fresh mushrooms (3 ounces)
- 1 small zucchini, quartered lengthwise and sliced
- 1 medium tomato, chopped
- 1 cup bulgur
- ¼ cup chopped green pepper
- ⅓ cup sliced carrot
- ½ teaspoon dried basil, crushed
- ½ teaspoon celery seed
- ¼ teaspoon dried thyme *or* marjoram, crushed

In a medium saucepan combine water, onion, bouillon granules, and garlic; simmer till tender. Stir in remaining ingredients and ¼ teaspoon *pepper*. Bring to boiling; reduce heat. Cover; simmer for 15 to 20 minutes or till bulgur is tender. Makes 4 servings.

***Diabetic exchanges:*** ½ vegetable, 1 starch/bread.

***Nutrition information per 1-cup serving:*** 160 cal., 4 g pro., 34 g carbo., 1 g fat, 0 mg chol., 10 mg sodium, 4 g dietary fiber. U.S RDA: 60% vit. A, 36% vit. C.

***Main-dish variation:*** Bring water and bouillon granules to boiling. Add onion, garlic, and 1 pound *boneless chicken breasts,* cut into 1-inch pieces. Reduce heat. Cover; simmer 10 minutes. Stir in remaining ingredients. Return to boiling; reduce heat. Cover; simmer for 15 to 20 minutes. Serves 4.

***Diabetic exchanges:*** ½ vegetable, 1 starch/bread, 3 meat and substitutes.

***Nutrition information per serving:*** 293 cal., 31 g pro., 37 g carbo., 2 g fat, 65 mg chol., 84 mg sodium, 4 g dietary fiber. U.S. RDA: 66% vit. A.



# PROMISE.® IT'S AT THE HEART OF EATING RIGHT.

Recent medical evidence has shown that your family's risk of heart disease can be reduced by lowering their serum cholesterol levels. And because both cholesterol and saturated fat can raise those levels, you should try to include foods that are low in both in your family's diet.

Like Promise® Spread. Made with sunflower oil, it's lower in saturated fat than any margarine and has absolutely no cholesterol.

Try Promise. It's so delicious, your whole family might just have a change of heart about eating right.

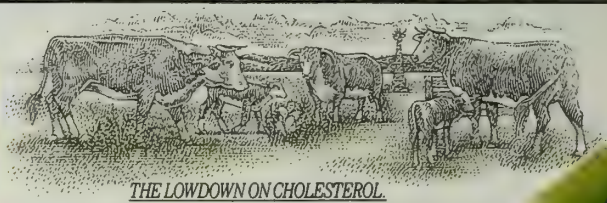



GET HEART SMART.™

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# Good News For People Who Eat.

If your taste buds are not altogether excited about a future of organic fiber flakes, the beef industry would like a few words with you. Even a few from the U.S.D.A. Because the lowdown on beef is probably less than you think—lower in calories, leaner on fat, lighter on cholesterol than you would ever imagine. It's even faster to fix than your mother knows. So read on. And hang on to your forks.

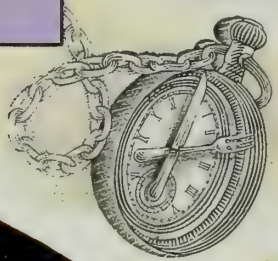


**THE LOWDOWN ON CHOLESTEROL.**

*True fact: beef has only 76 milligrams of cholesterol in a 3-ounce serving. That's only average. Wonderfully average.*

**GOOD NEWS FOR PEOPLE WHO COOK.**

*No sauces, no fussing, no frou-frou. Beef doesn't need much help in the kitchen. To cut time, just cut big things in pieces. With stir-fries, sautees, kabobs and marinades, there's never a dull moment. Or a wasted one.*



**THIS IS YOUR BITE.**

*3 oz. of lean beef is under 200 calories. But for that fraction of a total day's calories, you get: • 46% of the adult man's RDA for protein • 59% of the adult woman's RDA for protein • 15% of the adult woman's RDA for iron • 40% of the adult RDA for zinc • 76% of the adult RDA for vitamin B-12.*





**THE UNSATURATION POINT.**

*Over half the fat in beef is actually mono- or poly-unsaturated. That's why 3 ounces of tenderloin have only 3.1 grams of saturated fat out of 7.9 grams total. May your body and your taste buds make peace.*



**TERIYAKI BEEF STIR-FRY.**

*Preparation: 15 min.*
*Cooking time: 10 min.*

*Cut 1 lb. top round steak in thin strips. Marinate in 3 Tbs. teriyaki sauce, 1 Tbs. oil and 2 tsp. cornstarch 30 min. Stir-fry 2 bell peppers (¾" cube) and 6 green onions (2" pieces) in 1 Tbs. oil 3 min.; remove. Stir-fry beef (½ at a time) 2-3 min. Return all ingredients. Cook until hot. 4 servings.*

*Calories: 247 per serving; 162 from beef.*



*Figures are for 3-ounce servings, cooked and trimmed.* • BEEF

© 1987 Beef Industry Council and Beef Board



*ROUND TIP*
*6.4 gms total fat* (2.3 gms sat. fat)*
*162 calories*



*TOP LOIN*
*7.6 gms total fat* (3.0 gms sat. fat)*
*172 calories*



*TOP ROUND*
*5.3 gms total fat* (1.8 gms sat. fat)*
*162 calories*

# Beef.
## Real Food For Real People.

*Source: U.S.D.A. Handbook No. 8-13*



*EYE OF ROUND*
*5.5 gms total fat* (2.1 gms sat. fat)*
*155 calories*



*TENDERLOIN*
*7.9 gms total fat* (3.1 gms sat. fat)*
*174 calories*



*SIRLOIN*
*7.4 gms total fat* (3.0 gms sat. fat)*
*177 calories*

# FITNESS MATTERS

## GOOD NEWS ABOUT SHAPING UP

By Gary Legwold



STEVE BJÖRKMAN

### JUGGLING AND STRESS

*Health benefits in a three-ball cascade*

Got too many balls in the air? Juggling can help reduce that stress.

"It's hard to think of the day's problems when you're wondering how the heck you're going to catch the ball," says Bill Giduz, past president of the International Juggler's Association.

Juggling improves arm strength, peripheral vision, coordination, muscle tone, and range of motion. By putting the juggler in the spotlight, it boosts self-esteem, so is a perfect choice for helping a child overcome shyness.

To do a three-ball cascade, the most basic type of juggling:

1. Throw one ball from one hand to the other. Look at the peak of the arc, not the ball.

2. When the first ball reaches the peak, throw the second ball (from your other hand) to the inside and equally as high. This two-ball exchange is the key to juggling. Practice until you can do this move smoothly time after time.

3. To add a third ball, hold two balls in your right hand, one in your left. Do a two-ball exchange, starting with one of the balls in your right hand. When the ball from the left hand is in the air, toss the last ball from the right hand and catch it in the left. Do this just once, then increase the tosses by one until the juggling is continuous.

Hint: Stand next to a bed so you don't have to bend over to get missed balls. And take it easy—too much juggling causes tendonitis and hand injuries.

For a free pamphlet, send a self-addressed stamped business envelope to IJA, Box 29, Kenmore, NY 14217.

### RUN THIS WAY?

*'Groucho' running is easy on joints*



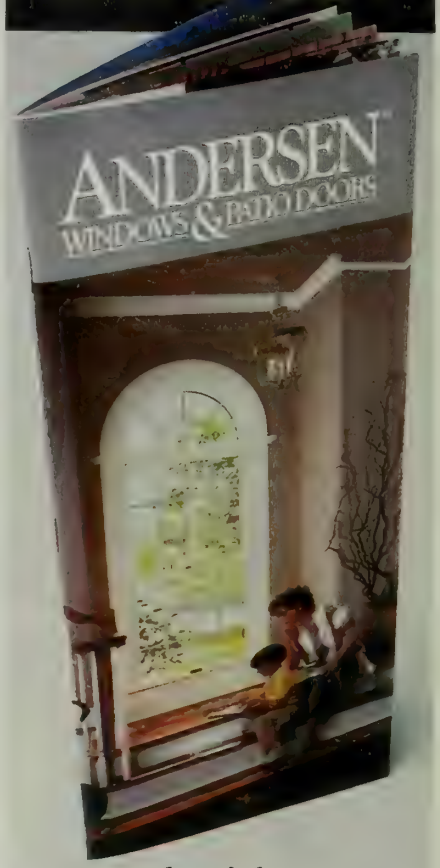
Does your heart say "Go!" when your joints say "No!" to running? Then check out Groucho running.

Groucho running—patterned after Groucho Marx's comic bent-knee walking style—requires 30 percent more energy than normal running, according to a Harvard study. But it decreases the shock sent from ankles to head by 80 percent, mainly because both feet are on the ground at once and the up-and-down jarring is minimized.

Although encouraged by the study, Dr. Thomas McMahon warns that exaggerated bending may put unusual stress on the knee, causing injury. So he's not advocating Groucho running for people who already have joint problems until further study is done.

*continued on page 58.*

FREE!




24 colorful pages of window and patio door facts.

This colorful booklet will be helpful whether you're building a new home, remodeling or replacing windows. It features photos and explanations of Andersen windows, patio doors and roof windows. As well as information on basic sizes, energy facts and more. To learn more, see your Andersen dealer (in the Yellow Pages under "Windows").

For your free booklet, call 1-800-255-2550 toll free. Or mail this coupon to Andersen Corp., Box 12, Bayport, MN 55003.

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Andersen



## FITNESS MATTERS

*continued from page 57*



Get fast fitness facts with this newsletter.

### READING ON THE RUN

***Fitness group slows reading to a reasonable pace***

Too busy with your family to read 41 fitness journals a month? The American Running and Fitness Association can help. Its monthly newsletter summarizes fitness, health, and nutrition articles.

AR&FA also offers brochures on jogging, stretching, and exercise for children. A referral service helps members find health care professionals and exercise buddies. In addition, the organization assists travelers in locating fitness facilities on the road.

Annual membership fee is $25. If you'd like to receive a free sample newsletter and information, send a self-addressed, stamped business envelope to American Running and Fitness Association, 9310 Old Georgetown Road, Dept. BHG, Bethesda, MD 20814.



**Above all, it's taste** that puts Lipton's new Deluxe Pasta & Sauce Cheddar Broccoli so far above the ordinary. With just the right note of tangy cheddar, and a touch of garlic and onion, all blended into a delicate sauce, with that special Lipton® touch. Serve it in just nine minutes. Try our new Deluxe Pasta & Sauce Oriental, too. And enjoy a higher standard in taste.




# Lipton Side Dishes

**with that delicately seasoned taste.**


## FOR A CHANGE OF PACE

***Benefits of mixing walking and running***

Runners who used to think that walking was for wimps are changing their pace.

According to Dr. James Rippe of the University of Massachusetts Medical School, here's why a program of running and brisk walking helps:

- Alternating the two sports brings almost equal doses of exercise, but hurts the joints less than daily running.



**Sprint, stroll, sprint, stroll.**

- Running limits fitness gains to running muscles. But doing both, by running on flat ground and walking up hills, for instance, builds more muscles.
- Changing your pace and rhythm can also be mentally stimulating and decrease boredom. "It may open part of your mind that you don't use when you just jog in a lockstep way," says Rippe.

*continued on page 60.*

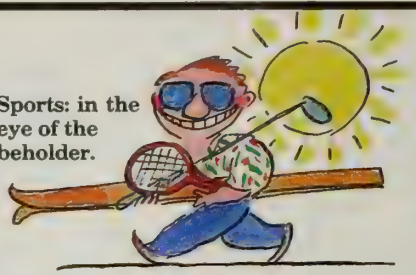
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## THE EYES HAVE IT

*Vision tips for sports*

Great athletes may lift weights to improve performance. But the chair of the American Optometric Association's Sports Vision Section says most athletes overlook the obvious: the eyes.

Dr. Jim Carlson found that most sports decisions are based on what we see. For better vision, he recommends:



Sports: in the eye of the beholder.

- Wear goggles with polycarbonate lenses, especially for racket sports.
- Don't just look at the target. When hitting a ball, focus on the label. That way, you'll have more room for error.
- Have a thorough vision exam that diagnoses eye health and eye coordination as well as visual acuity. The typical chart test misses some 15 to 20 sports-related vision skills, such as depth perception, peripheral vision, and focusing ability.
- Wear sunglasses, which will reduce squinting and improve your golf game. They also help you see better both on the ski slopes and off. Snow blindness after a day of skiing can last for hours and impair your night driving.

For the free pamphlet, "See Better, Play Better," send a self-addressed stamped business envelope to AOA, Communications Center, 243 N. Lindbergh Blvd., St. Louis, MO 63141.


# Read how this Remarkable "Cold Hot" Therapy relieves pain for millions. In minutes.

Many people know that hot baths, heat lamps and electric pads provide fast, temporary relief from stiff, sore aching muscles and minor arthritis pain. What they *don't* know is that cold compresses and ice packs can also be extremely effective. In technical terms, "both heat and cold act selectively on free nerve endings in the tissue and on peripheral nerve fibers to increase the pain threshold."*

While Icy Hot is not a clinical substitute, it does offer its own unique type of cold and hot therapy. It is available as an easy-to-use cream in tubes and jars, as well as a no-mess stick.

**Cold begins to soothe muscle and joint pain. Heat takes over to bring deep down relief.**

As you rub Icy Hot on, menthol, one of its two active ingredients, creates a soothing sensation of coolness that begins to bring relief. In minutes, Icy Hot's second pain fighting ingredient, methyl salicylate, goes to work. You experience a pleasant feeling of warmth from the increased flow of blood to the upper layers of your skin. This dual-action sensation of icy coolness, followed by one of penetrating warmth, is what relieves your pain. It's as simple as that.

**Icy Hot goes to work in minutes. Relief lasts for hours.**

If you, or any member of your family is suffering the agonies of sore, aching muscles or minor arthritis joint pain, put a stop to it at once. Rub in Icy Hot. In less time than it takes to read this message, you will feel its active ingredients begin to bring comforting relief to the affected areas.

So for fast, temporary relief from joint and muscle pain, use Icy Hot, the dual-action pain reliever.

If you desire more information about the use of hot and cold therapies, please write The Arthritis Foundation at Box 19000, Atlanta, GA 30326.




**Rubs on cool. Rubs in warm. Rubs out pain.**

*U.S. PHARMACIST, January, 1987, p. 77


## MUSCLES FROM THOSE MARIGOLDS?

*Gardening offers health benefits*



**Plant your feet on the ground and pull.**

You don't have fleet feet? No matter, found a University of Pittsburgh study. If you can't run for fitness, just tiptoe through the tulips.

Dr. Ronald La Porte says that most people don't want a strenuous activity and see no point in running around the block. Gardening appeals to them because they see the results of their labors. Gardening is also a perfect starter activity for the elderly, disabled, and couch potatoes. Besides, it's one fitness activity the whole family can enjoy.

The benefits: gardeners dig, bend, and stretch. Gardening has real staying power. La Porte says that 30 percent of runners quit after three months and 60 percent after two years. On the other hand, gardeners keep exercising or their garden goes to weeds. BH&G

*—Gary Legwold is a free-lance writer who specializes in covering health, fitness, and medical topics from his home in Minneapolis.*



# Live the Wish-Bone LiteStyle.

The Wish-Bone LiteStyle is more than a smart way to eat. It's a smart way to live. And it all begins with eating Lite... Wish-Bone Lite. Wish-Bone® Lite Dressings are light on oil, but not on taste. So their full, fresh flavors won't slow you down—whether you're diving into a pool. Or a salad. Trust your body to Wish-Bone Lite.

# ANSWERS TO THOSE QUESTIONS YOU'RE EMBARRASSED TO ASK

By Michael D. Oppenheim, M.D.

**Oh, those silly questions. You know the type—the ones you never ask because you just *know* your doctor will laugh. The editors finally screwed up their courage and asked Dr. Michael Oppenheim to put an end to those nagging doubts.**



STEVE BJÖRKMAN

**No question about it: those "silly" questions probably aren't silly to your doctor.**

I've found that most people have some topics they're absolutely sure are too silly to broach during a doctor's appointment. But actually, no question is too silly when it comes to your health. Some answers will be amusing, but others will provide reassurance and useful advice. Over the years I've been asked most of the questions below—often by patients who have brooded and worried over them for months.

**Q.** ***So, doctor, why do I sneeze in the sunshine, anyway?***

**A.** Gesundheit. You sneeze because the same nerve serves both your eye and the lining of your nose. Stimulating one region served by a nerve may activate other areas of the same nerve, so direct sunlight on the eye causes tingling in the nose.

Years ago I read a fascinating report of a man who endured a nagging cough for years. He tried innumerable fruitless treatments until a doctor looked into his ear and noticed a hair resting against the eardrum. Once the hair was removed, the coughing stopped. It turned out that an obscure branch of the nerve that is involved in coughing also serves part of the eardrum.

*–Dr. Michael Oppenheim is a Los Angeles-area physician and a frequent contributor to BH&G.*

**Q.** ***When my husband sneezes, he averages five or six in a row. I sneeze and it's over. Why?***

**A.** Like muscles, nerves tire as they work. Their endurance differs from person to person and also with the strength of the stimulus. Either your husband has an easily irritated nose or his sneezing nerve can fire repeatedly before it is spent.

Nerve fatigue also explains what happens when people overuse stimulants—both mild ones like caffeine and powerful ones like diet pills or cocaine. These drugs force brain cells to discharge more vigorously, producing a surge of vitality. Once the nerves are exhausted, the user feels unpleasantly depressed until they recover or receive a larger dose of stimulant.

**Q.** ***How come I can weigh 120 pounds when I go to bed, then wake up and I'm 115 pounds?***

**A.** Your scale is unreliable. Unless you have a high-quality bathroom scale, you can expect a variation of a few pounds from day to day.

Everyone loses a few pounds overnight, though five pounds is excessive. To understand why, remember that a pint of water weighs a pound. Normal urine output is about three pints a day. Breathing and sweating release another two pints. This output doesn't decrease at night; in fact, sweating actually increases. It increases still more if your bedroom is warm or you sleep under many covers. And don't forget that your intake of water at night is minimal.

**Q.** ***Why does eating a big breakfast always seem to make me hungry for the rest of the day?***

**A.** The answer lies not in the size of the meal but the type of food you eat. For example, my usual breakfast is a large salad bowl of dry cereal topped with two chopped bananas and a pint of skim milk. It fills me up, but three hours later I'm hungry. On those rare occasions when breakfast consists of eggs, sausage links, hashed browns, and buttered toast, I have trouble working up an interest in supper.

Why the difference? Because my usual breakfast is almost entirely carbohydrates, which move rapidly through my stomach into the small bowel. There they are broken down into sugars and absorbed into the bloodstream. Those not used for energy are quickly stored in the liver for future use. Within a few hours, the digestive tract is empty and calling for more.

On the other hand, a fatty meal lingers. Fat actually slows down your stomach activity so that it takes longer to empty. And slower digestion means that more time passes before your hunger returns.

*continued on page 64.*

# Introducing Cavity-Fighting Like You've Never Seen Before.




If your kids complain that brushing isn't fun, give them a toothpaste that is. New Sparkle Crest For Kids.

It's the only gel that not only tastes great, but it actually sparkles. And once your kids try it, they'll see brushing in a different light.

Which means you'll probably see them brushing longer and more often with Sparkle Crest For Kids. It contains the same cavity-fighting formula as regular Crest, which over the years has prevented more cavities than all other toothpastes combined.

And you'll also see something else.

Terrific checkups.

The dentists' choice for fighting cavities.

shown to [illegible] cavity-preventive dentifrice that can be of significant value when [illegible] cautiously [illegible] Dental Therapeutics



Ruth Greene, RN
Boone, North Carolina

"... My skin truly suffered from constant washing with institutional soap. Curél is the best lotion I've used. It really did end my dry skin!"




© 1987 S.C. Johnson & Son, Inc.

Most women agree . . .
Curél ends dry skin.

Curél

## ANSWERS TO QUESTIONS

*continued from page 62.*

**Q.** ***Why does my heart flutter every now and then?***

**A.** Because no one is perfect. An area of the heart called the sinus node regularly emits an electric signal that spreads over the heart and makes it contract. All other parts of the heart also can send out such impulses. Normally these other parts keep quiet, but occasionally they do throw out one of those signals.

When this happens before the sinus node is ready, the heart hasn't had time to fill with blood, so the beat is weak. After a premature beat, the sinus node pauses, as if to recover from the interruption. The extra time allows more blood into the heart; emptying takes a bigger effort. This weak beat followed by a strong beat causes the fluttering sensation.

All healthy hearts produce premature beats now and then. Rarely, they come with alarming frequency. Such frequent flutters may also be benign, but ask your doctor to be sure.

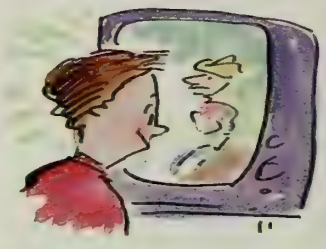
**Q.** ***Why do my knees make cracking noises when I walk up stairs?***

**A.** Although many people think cracking comes from bones rubbing together, that would actually be quite painful. Most such sounds come from ligaments—fibrous bands that connect one bone to another.

Knees and other joints are held together by a series of crisscrossing ligaments. When you move, one of these may slide across a small irregularity, producing an audible crack. Because both movements and bones differ slightly among individuals, the variety of noises is enormous. For instance, I can move a ligament back and forth across my right ankle, generating a loud snap, but I can't do it on the left. Almost everyone can make some sort of a unique noise.

One researcher called knuckle cracking a "vacuum" phenomenon, which explains some noises in other joints, too. Joints are tightly packed; if you pull a bone at one end, a vacuum forms momentarily behind it, and then fluid rushes in. It's like pulling on a rubber suction cup that is used to hang objects on your refrigerator. The suction cup initially resists with surprising strength, and then suddenly gives way with a pop.

As long as they are painless, joint sounds aren't harmful. Chronic knuckle crackers may have fewer friends, but they don't have more knuckle arthritis.



**Children enjoy the wide-angle view that comes from sitting so close to the TV.**

**Q.** ***My brother can bend his thumb backward to touch his wrist. Is he really normal?***

**A.** Probably, but his lax ligaments permit too much joint movement. Double-jointedness is hereditary. Perhaps your father could pull a finger out of its socket or wrap his arms all the way around his back. While people with lax ligaments are otherwise normal, they seem prone to certain orthopedic problems, especially dislocations of the shoulder and kneecap.

**Q.** ***Why do my children hold books two inches from their noses, sit directly in front of the TV, and prefer the first row in the movies? Won't it hurt their eyes?***

**A.** No. This sort of behavior is not damaging. Of course, every child should have an eye exam before beginning elementary school.

Children probably enjoy the wide-angle view they get from being so close. Their bodies are more elastic than yours or mine. This includes the lens of a child's eye, which is so rubbery that eye muscles can pull it to focus on very near objects. In time, the lens stiffens, and this isn't possible. By the age of 40, it may be so stiff that you need glasses to read.

Most people worry too much about harming their eyes. Contrary to popular belief, reading too much or reading under poor lighting merely tires the muscles. This is relieved by rest and does no permanent damage. You can't injure your eyes by excessive use any more than you can injure your nose by excessive smelling.

**Taste New Vegetable & Pasta Mornay.**
Bright garden vegetables and julienne slices of ham tossed with rotini pasta. And topped with a creamy cheese sauce.
280 calories.




**Taste New Baked Rigatoni.**
Al dente pasta with an Old World tomato sauce, ground beef, mushrooms, plenty of mozzarella, and tangy Parmesan cheese.
260 calories.




**Taste New Szechwan Beef with Noodles.**
Slices of juicy steak, mushrooms, and a spicy ginger sauce over a bed of Oriental noodles and vegetables.
280 calories.




**Taste New Sliced Turkey Breast in Mushroom Sauce with Rice Pilaf.**
Sliced succulent turkey breast with a rice pilaf and garden vegetable combination. Finishing off, a delicate mushroom sauce.
320 calories.




# Introducing four great new tastes from Stouffer's® Lean Cuisine.®

*More Satisfaction.*™

NOW CHOOSE FROM 28 LEAN CUISINE® ENTREES. ALL WITH STOUFFER'S® GOOD COOKING.

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# HEALTH UPDATE

## MEDICAL NEWS YOU CAN USE

By Paul Krantz

### SPRINGTIME PILL SAVVY

*Where not to store medicine*

You wouldn't store medicine in your oven, would you? In effect, that's what you are doing when you keep medications in your car's glove compartment. According to Richard Seymour, a Visalia, California, physician, the temperature in a glove compartment can be 50 degrees higher than air temperature. Even in mild spring weather, the heat can ruin drugs.

If you must carry medicine in your car, Dr. Seymour recommends that you stow it in an insulated container on the floor out of direct sunlight.

### SHAKING THE SALT HABIT

*It's not as hard as you think*

Do you worry that a low-salt diet will be as dull as dust? You're not alone, despite the fact that cutting back on salt can reduce high blood pressure and cut the risk of heart disease. But at least one study challenges the idea that less salt means less taste.

Three researchers from the Monell Chemical Senses Center in Philadelphia served very low salt foods to college students over a period of 10 weeks. The students were told they were free to use salt shakers as they pleased.

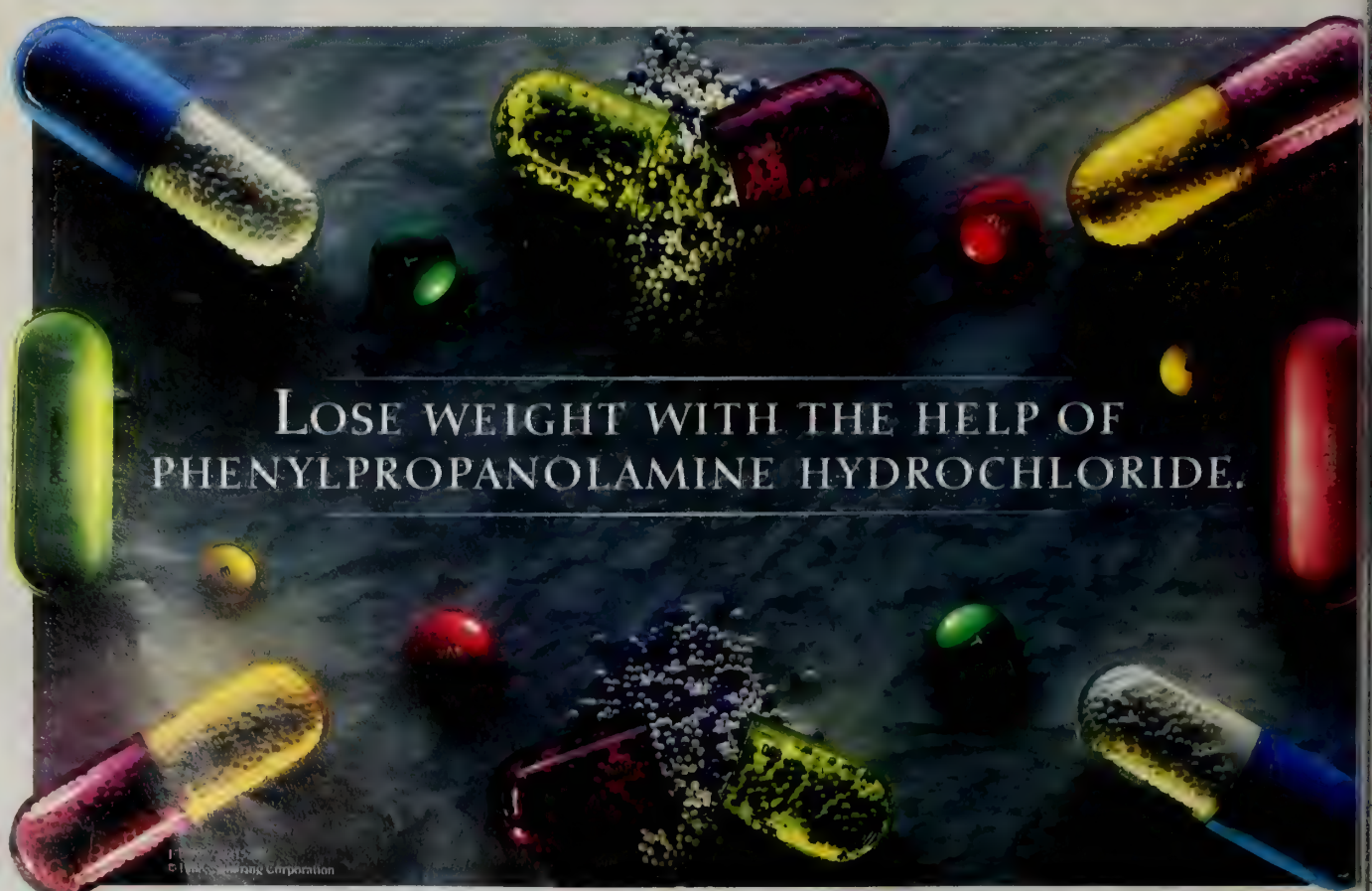
Would the students compensate for the lowered salt in their food by adding salt at the table, wondered the researchers. The answer was no. Although the students did add some salt, they were still taking in far less salt than at the start of the experiment.

This study reconfirms a simple fact: Going with less salt isn't as hard as you might think.



STEVE BJÖRKMAN





## NEW PAP TEST GUIDELINES

*Three annual exams recommended*



Most women should have an annual pap test and pelvic exam at least three years running, according to new guidelines issued by the American Cancer Society. The tests detect cervical cancer. After three consecutive normal exams, says the ACS, the frequency of follow-up pap tests is up to the woman and her doctor. Earlier guidelines called for two normal tests before reducing the exam frequency.

The new guidelines apply to all women over 18, and to women under 18 who are (or who have been) sexually active.

## A RULE OF THUMB FOR SUCKERS

*How bad is your child's habit?*

Thumbsucking prior to age 4 probably won't harm a child's teeth, but some kids with the habit are more prone to dental damage than others.

Some children simply rest the thumb in the mouth, sucking only occasionally. Others suck hard over a greater portion of the day and are more likely to cause dental woes.

C. Palmer Jarrell, D.D.S., spokesperson for the Academy of General Dentistry, offers this simple test to distinguish the two types:

Pull the youngster's thumb out and listen. If you hear a "pop" when the thumb comes out, the child is generating plenty of suction. This puts pressure on the front teeth and may push them out of alignment.

For kids over age four, Dr. Jarrell suggests helping the child break the habit by offering play materials that occupy the hands, minimizing supervision of the child, and maintaining a happy home environment. A dentist also can suggest ways to end the habit.

*continued on page 68.*



**Thumbsucking can, in some cases, lead to dental problems.**



Phenylpropanolamine hydrochloride is the active ingredient in most popular diet aids. It suppresses your appetite. It's a drug.

Fiber is the main ingredient in Fibre Trim.® It helps you control your appetite naturally. It isn't a drug.

Fibre Trim is natural food fiber, from citrus and grain, in a tablet. It has no stimulants. No drugs.

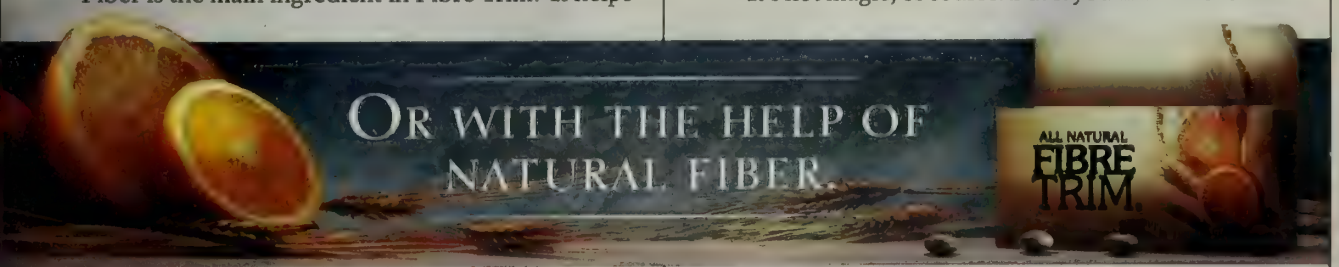
And none of the side effects sometimes associated with diet aids that do.

Take it before meals, and the fiber helps fill you up, so you're satisfied with less food. And when you eat less, you lose weight.

It's not magic, of course. But if you make Fibre Trim part of a sensible diet plan, one that includes eating the right foods and exercise, you will lose weight.

And you will lose it gradually, and safely. (Something Europeans have known for years.)

And that's the best way to lose weight permanently.




FIBRE TRIM. THE EUROPEAN WAY TO SLIM.

*continued from page 67.*

## TAKE A HIKE, DOC!

***Charity walk-a-thon slated***



Here's a chance to find out if your doctor is serious about the health benefits of walking. On Saturday, May 14, doctors, lay people, and hospital staff will walk one- to five-mile courses throughout the nation. Contributions from the program, called Walk with Your Doc, will benefit the American Diabetes Association. A $5 per family entry donation is requested. For more information, contact your local branch of the ADA.

## DISPOSABLE LENSES COMING

***Gimme a quart of milk, a loaf of bread, and a six-pack of contacts***

We throw away razors. We toss spent pens. Now, some people in Florida have the option of throwing away their contact lenses after six days of continuous use. The contacts, sold in six-lens packs, are being test-marketed by Vistakon, Inc., an arm of Johnson and Johnson.

Convenience is one selling point for the product. Unlike regular contacts, the disposable lenses never need cleaning or sterilizing. Failure to take proper care of contacts can lead to irritation and eye infections. Also, contamination is less with the disposables than it is with conventional contacts.

But the disposable lenses also carry drawbacks. The annual cost—about $520—is substantially higher than the $320 first-year cost of extended-wear lenses. (This figure doesn't include maintenance or replacement costs, which, says a Vistakon spokesman, closes the cost gap considerably.) Also, the disposable lenses are available only in a limited range of strengths.

Vistakon expects to be selling the lenses nationwide later this year.



**Soon, you may be able to throw away your contact lenses after six days of use.**



COUNTDOWN TO YOUNGER

1 If your hands are starting to look older than the rest of you, here's what to do. Set aside 7 days, and get yourself some New Ivory Liquid.

2 Ivory's been improved. A lot. Now, every time its bubbles

3 touch your hands, something beautiful happens.

4 Younger-looking skin is uncovered. Little by little. As you do dishes.

5

## BEDS BOTHER RESEARCHER

*And that's no bunk*



**Sky-high beds can be downright dangerous for adults as well as for kids.**

Rolling off a bunk bed may seem humorous to some, but Dale K. Dedrick, M.D., isn't laughing. The University of Michigan researcher has found that raised beds can be downright dangerous—even for adults. In 1983, for example, 4,200 people between the ages of 15 and 24 sought emergency care after falling out of a raised bed. In addition, many lesser injuries go unreported, Dr. Dedrick says.

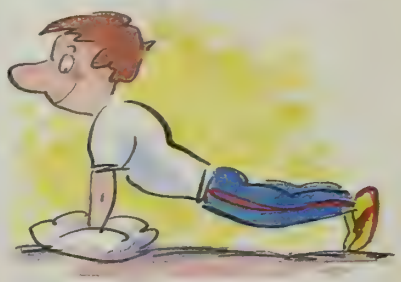
A key cause of falls is unfamiliarity with bunk beds. Many of the injured are college students and military personnel sleeping on high for the first time. Alcohol use is a big factor, followed by unstable (or absent) ladders and startling noises like loud alarm clocks and telephone ringers.

Dr. Dedrick's advice:

- Cut the volume on phones and alarm clocks and keep them close to the bed
- Don't build beds more than 4 feet off the ground
- Use thick pads or carpet around the bed, and avoid sharp-edged furniture
- Attach sturdy ladders to the beds
- If you drink, sleep as close to the floor as possible.

## A PERIL OF DOING PUSH-UPS

*Doctors call it 'push-up palsy'*



Push-ups may actually weaken you in some instances, say two Wake Forest University physicians. Francis O. Walker and B. Todd Troost blamed their patient's habit of doing push-ups on a hard floor for the pain and weakness in his left hand. Their reasoning: The unyielding surface put all the stress on the man's hands. Stopping the push-ups stopped the pain.

Rx: If you do push-ups, choose a soft surface. If pain develops, stop!



LOOKING HANDS.

6

7

You know that awful dryness you get between your fingers and around your knuckles? New Ivory could help it disappear.

It's incredible. Doing dishes will start to seem more like a treatment than a task.

By day 7, if you're like most women, you'll know you're on to something good.

Why not get started with New Ivory today?

**Younger-looking hands could be just a week away.**




IT'S NEW!

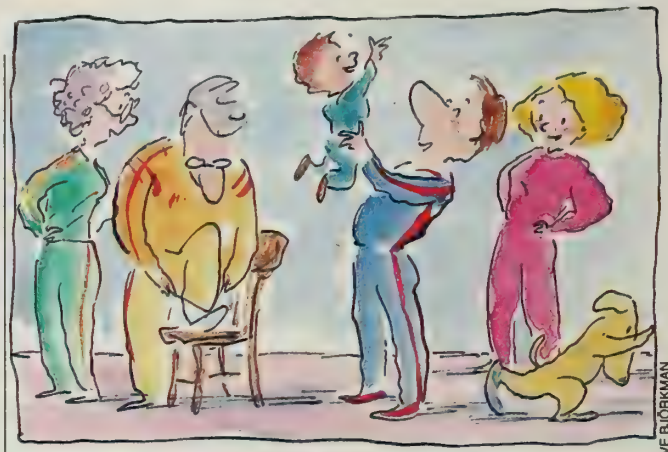
© 1988 The Procter & Gamble Company

# TESTING FOR FITNESS

## DOES YOUR FAMILY MEASURE UP?

By Gary Legwold

**Do you ever wonder just how fit you and your family are? Here are four quick tests that can show you where you are now and help you track your progress all yearlong.**



STEVE BJÖRKMAN

**Step into spring with a family fitness test.**

### Back on track

Has the spring in your step turned into lead in your feet? Our fitness tests will keep you going. Watching your performance improve is one of the best motivators.

**Caution: Check with your doctor before taking these or any other fitness tests. If you feel pain or discomfort, stop immediately and see a doctor.**

Prepare for each test by walking briskly for about three minutes and then stretching the muscles you'll be using during the test.



### AEROBIC TEST

*How heart-healthy are you?*

Here's a safe way to check your heart fitness. Developed by Dr. James Rippe of the UMass Medical School, the Rockport Walking Fitness Test® will help you assess the success of a walking, jogging, or aerobic dance regimen. To perform the test:

**1.** Warm up, then **walk** one measured mile as fast as you can.

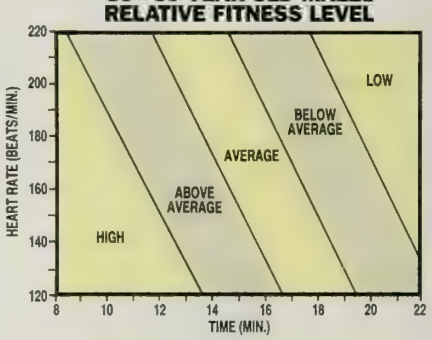
**2.** Record your time and your heart rate immediately at the end of the mile.

**3.** Use time, heart rate, and charts to determine fitness level.

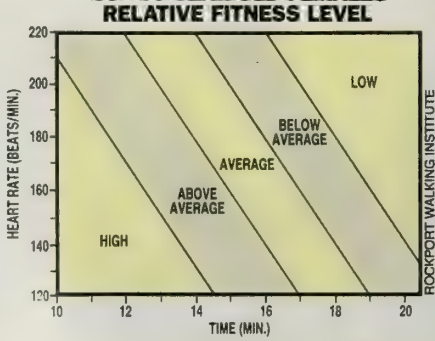
Our charts are for 30- to 39-year-old men and women. Charts for adults aged 20 to 60-plus can be found in a free booklet by the Rockport Walking Institute. Also included are several walking programs. To get the complete test, send a postcard to: The Rockport Walking Institute, Dept. BHG, P.O. Box 80, Marlboro, MA 01752.

*—Gary Legwold is a free-lance writer who specializes in fitness and medical topics from his home in Minneapolis.*

**30—39-YEAR-OLD MALES RELATIVE FITNESS LEVEL**




**30—39-YEAR-OLD FEMALES RELATIVE FITNESS LEVEL**




ROCKPORT WALKING INSTITUTE



### ABDOMINAL POWER

*Key to a flat stomach*

Remember how much you hated doing sit-ups? Well, sorry to say, sit-ups are one of the best exercises you can do. They flatten your stomach, improve your posture, and help guard against lower back ache.

As awful as they seem at first, sit-ups do get easier if you stick with it. To avoid back trouble, it's important to do the sit-ups properly. That means keeping your knees bent at all times. Many authorities also recommend keeping your hands behind your head or flat on your chest.

The test below measures the strength of your abdominal muscles, the ones involved in doing a sit-up. The test is part of the computer-based FITCHECK test, developed for clubs and institutions by the Institute for Aerobics Research.

To take the test:

**1.** Warm up, then lie on a mat with knees flexed to 90 degrees. (Remember: knees bent at all times.)

**2.** With hands behind head and someone holding your feet, sit up and touch elbows to the knees. Don't jerk your hands against head.

**3.** Lower yourself to the position you started in.

**4.** Record how many sit-ups you can do in one minute.

FITCHECK says that an "acceptable" number of sit-ups necessary for good health in men is 40 if you're under age 30, 35 if you're 30–39, 30 if you're 40–49, 25 if you're 50–59, and 20 if you're over 60. For women, figure on five fewer sit-ups for each age group.

*continued on page 72.*

# Why does dentist Yvonne Callas use Lightdays® Pantiliners?



***"Lightdays keep me feeling clean and fresh all day, like I've just stepped out of the shower."***

*"My day starts at 7 am and I have very few breaks in between patients."*

*"Lightdays liners give me added security so I can do my job without worrying."*

*"As a dentist, that's essential."*

*Yvonne Callas, D.M.D.*

Comfortable hourglass shape.
Remarkably thin.
Secure "no-slip" wideband adhesive.




For just-showered freshness all day, every day.

© 1987 Kimberly-Clark Corp.

*continued from page 70.*



## UPPER-BODY STRENGTH

***Helps in many day-to-day tasks***

For lugging suitcases and pushing mowers, upper-body strength is critical. Here's how to test yourself:

**1.** Warm up, then find a carpeted floor or other soft area where you can lie on your stomach with legs together.

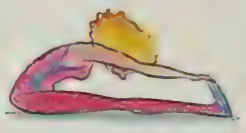
**2.** Position hands so that thumbs touch outside part of shoulders.

**3.** Keep knees on floor with feet elevated as you push upper body off floor until arms are fully extended.

**4.** Lower upper body until chest touches floor.

These directions apply if you're female, under age 10, or haven't exercised in a while. For males 10 and older, support yourself on your toes, keeping knees off the floor.

You're above average if you're 6–9 and can do 16; 10–13 and can do 35; 14–29 and can do 45 (men) or 34 (women); 30–39 and can do 35 (men) or 25 (women); 40–49 and can do 30 (men) or 20 (women); 50–59 and can do 25 (men) or 15 (women); 60-plus and can do 20 (men) or 10 (women).



## FLEXIBILITY TEST

***For free and easy movement***

Flexible joints help prevent muscle aches. To take this flexibility test:

**1.** Warm up, then sit on the floor with your legs extended straight, soles against the wall.

**2.** Slowly reach forward as far as possible. Don't jerk or bounce.

**3.** Hold position for five seconds and imagine muscles relaxing.

**4.** Stretch farther if you can, then note how far you've reached.

According to Dr. Charles Kuntzleman, developer of The Feelin' Good Fitness Test, your flexibility is: excellent if you can put your palms flat against the wall; good if your knuckles touch the wall; and average if fingertips touch the wall or toes.

For more information on The Feelin' Good Fitness Test, write Kuntzleman at Fitness Finders, 133 Teft St., Spring Arbor, MI 49283.

### HOW DID YOU DO?

Don't be disappointed if you scored lower than you expected. Anyone can improve. Start with an aerobic activity—like brisk walking or jogging—at least three times a week for 20 minutes. Then add sit-ups, push-ups, and stretching. Or, for a more comprehensive program, check with your doctor, the Y, or a reputable health club. Make sure the program is appropriate for your fitness level and that it includes warm-up and cool-down periods. Retest yourself every four to eight weeks and savor your progress. BH&G







No matter how carefully you brush, some teeth don't get the attention they deserve. That's why the Pepsodent Professional is specially shaped to clean every tooth, every time—even hard to reach back teeth. With a unique 3-angled design for ***maximum maneuverability,*** the Pepsodent Professional makes it easy to get to those places your old toothbrush might miss.

And because the Pepsodent Professional was ***invented by dentists,*** you can be sure you're getting the next best thing to a professional cleaning.

So pay attention to all your teeth. Get the 3-angled Pepsodent Professional. If you're still using your old straight toothbrush, imagine what you might be missing.

# NEW DRUGS FOR DEPRESSION

**New drugs are helping more people find relief from depression. These "second generation" drugs target specific types of depression and cause fewer bad side effects.**

## Older drugs: They still work

So-called "clinical" depression often seems to arise for no reason. Researchers now believe that the condition is caused when mood-regulating chemicals called neurotransmitters stop working correctly. Drug treatment, which is usually combined with talk therapy to relieve emotional stress, returns the neurotransmitters to normal.

First-generation antidepressants offer relief to 70 percent of patients. But these agents are not always safe for older persons and for patients with heart disease or other medical problems.

Using the older therapies means trying one drug in carefully increased doses. If problems arise, the patient is switched to another drug, and the process is repeated. The procedure can take months, but it does usually work.



### DEPRESSION OR THE BLUES?

Everyone gets down in the dumps occasionally, but when depression is prolonged over weeks or months or is unrelated to a specific event, the condition is considered a medical illness. In addition to sadness, symptoms of depression include:

- **Inability to function** in society
- **Lack of interest** in usual activities
- **Loss of appetite**
- **Feelings of helplessness**
- **Thoughts of suicide**

Depression disrupts lives and is a major factor in suicides, even among children. If you suspect you or someone you love is depressed, talk to your family doctor or a mental health professional right away.

## New drugs: Better for many

The latest antidepressants—maprotaline, amoxapine, trazadone, and fluoxepine—correct specific imbalances of neurotransmitters, according to Drs. Emil Coccaro and Larry Siever, psychiatrists at Mt. Sinai School of Medicine in New York City. The new drugs will be especially useful for treating patients who are unable to use the older drugs.

*—William Cole*








# CARING FOR KIDS: SPLINTERS

## BE GENTLE AND PATIENT

**Sit the child down and shine a bright light on the wound. Determine the direction of the splinter and find where it entered the skin.**

### Getting a grip on things

Grip any exposed part of the splinter with tweezers or needle-pointed pliers. Then pull steadily and gently, sliding the splinter out the path it entered. To reduce pain, numb the area with ice before removal. When you have pulled out the splinter, press all around the wound. Leftover fragments will make the area tender. Wash the wound thoroughly with soap and water only after the splinter is all out.

Embedded but visible splinters can be removed by probing the surface with a needle sterilized in alcohol. Lift the end of the splinter out of the wound, then proceed as above.

A painful splinter that you can't see requires a doctor's care. If the splinter isn't painful, you can leave it alone and the body will expel it within a few weeks. Note: See a doctor if your child had a tetanus shot more than 10 years ago.

*—Paul G. Gill, Jr., M.D.*

## FAMILY HEALTH

# CARING FOR KIDS: CUTS AND SCRAPES

## SIMPLE CLEANING IS BEST

**Wash off any dirt under gently running water, using soap if needed. A bandage may lessen pain and hold the edges of a cut together.**

### When to see a doctor

Before using antiseptics or antibiotics, consult your doctor. Also call the doctor if dirt is embedded too deeply to wash off. The dirt may produce a permanent tattoo. Stitching, if needed, should be done within 12 hours.

Human bites always require an antibiotic. Call a doctor for the most minor human bite that breaks the skin.

Finally, see a doctor if fat is protruding from the cut, if the cut is bleeding profusely, or if there is weakness or tingling in the affected limb. Puncture wounds, even from clean objects, call for a tetanus booster shot within 24 hours if your child has not had one within 10 years (or five years if there's a chance of dirt under the skin).

*—Michael D. Oppenheim, M.D.*






# CARING FOR KIDS: BURNS

## COOL THE BURN FOR RELIEF

**Dip the burn in ice water to ease pain and reduce damage. Continue until the pain stops—or an hour at most. Repeat if the pain returns.**

### Treatments

A first-degree burn (redness without blisters) doesn't require a dressing, but covering it with petroleum jelly and loose gauze will reduce the pain. Other ointments or creams are not needed. Treat small second-degree burns (redness and blisters) the same way. Don't pop the blisters.

Second-degree burns on the hand or face, and those with more than a few blisters, require a doctor's care. Third-degree burns (those with charring or a painless area) cause scarring and require immediate medical attention. If a first-degree burn isn't painless after two days, see a doctor.

Scalds are the leading cause of burns in young children. To prevent them, use a childproof gate across kitchen entrances and turn down your water heater if you can't hold your hand under your hot water for more than a few seconds. BH&G

*—Michael D. Oppenheim, M.D.*

# CARING FOR KIDS: POISON IVY/OAK

## YEAR-ROUND TROUBLEMAKERS

**Even in spring, before they green up, poison ivy and oak can cause a severe rash. Most reactions will occur 12 to 24 hours after contact.**

### Easing the itching

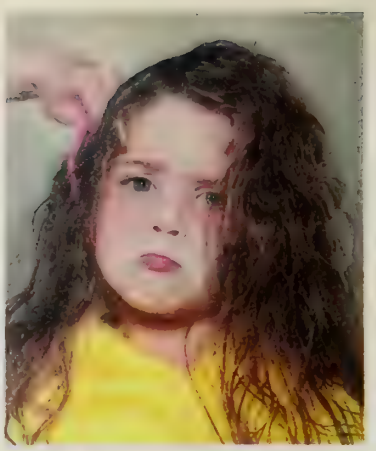
Most rashes fade within two weeks. To minimize the reaction, wash the exposed skin with strong soap, even if the reaction is beginning. If you wish, apply plain calamine or cold compresses made with Burow's solution. (Domeboro or Bluboro are two brand names. Use one packet per pint of water.) Apply the saturated compresses for 20 minutes four times a day. Avoid anesthetic or antihistamine creams. Over-the-counter cortisone creams may reduce itching.

See a doctor if the itching is severe, or if your child has had a very severe reaction in the past. Your doctor may prescribe oral cortisone, which is safe and very effective.

Learn to recognize these plants and avoid them. Remember that, until they are washed, pets, clothes, and other objects contaminated with the plants' oil can cause a rash.

*—Michael D. Oppenheim, M.D.*





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# FAMILY HEALTH

# ITCHING

## SOME CAUSES, SOME CURES




STEVE BJÖRKMAN

It's no joke: allergies can keep you in itches.

**That scratchy, burning feeling can drive you to distraction. Luckily, you can treat most common itching problems at home. Here's how:**

### Several causes

When your skin makes you squirm, dampness, dryness, or allergies may be the culprit. An ounce of prevention will keep most itching away, but if that doesn't work, help is as close as your medicine cabinet.

### How to ditch that itch

Itching is a bother if there's no obvious cause. Eliminate anything new that may have provoked itching: new soaps, cosmetics, drugs, foods, even clothes. This won't work immediately, but you should see results in a week.

If you have no allergy or rash, itching over damp areas of the body may be caused by excessive wetness; itching over dry areas, by too much dryness.

- **Wipe out wetness:** To dry damp areas such as the groin, under the breasts, or between the toes, apply water, and wipe it off without using a protective cream. Use a drying powder and make sure the area gets plenty of ventilation by wearing loose clothing, cotton underwear, or open-toe shoes.

See a doctor if three weeks of the above skin care doesn't relieve itching. Also get medical help if a rash appears—even one caused by scratching.

### Drum out dryness

It may surprise you to learn that dry skin is caused by lack of water, not lack of oil. Your skin's natural oils function as protective barriers and coat your skin to keep moisture in.

- **Lotions to lock water in:** Moisturizers won't help if used on dry skin. Apply them when the skin is damp—after a shower, for instance. Before you towel off, use a moisturizer as a coating to keep the water in.
- **How to prevent dry skin:** As you age, your skin becomes even more susceptible to dryness. Although you can't stop the aging process, you can slow its effect on your skin by staying out of the sun, which prematurely ages skin.

Bathing both dries and irritates skin. Take one quick bath or shower a day and use soap only on dirty areas. Wear rubber gloves whenever you put your hands in water, but *always* wear thin cotton gloves underneath. If your skin is sensitive, be sure to choose 100 percent cotton clothing.

### Facing dry facts

Dry skin doesn't cause wrinkles. They come from shrinkage of connective tissue under the skin. This tissue always has plenty of water, but age and sun, not dehydration, make it shrink.

Dry skin mainly affects the arms and hands. Facial skin is so thin that moisture from below easily replaces water lost by evaporation. If your face seems dry, you may be reacting to your cosmetics or cologne.

- **Cream your way to comfort:** Cortisone creams don't cure anything, but they make you feel better. It's all right to use an over-the-counter cortisone cream for general itching, but it's more important to care for your skin.

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# We still think there's a lot to be said for small talk.



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# QUESTIONNAIRE

# WHAT'S HAPPENING TO AMERICAN FAMILIES?

**Is it the dawning of a golden age of family life in America? Or are today's families in deep trouble? We at *Better Homes and Gardens*® magazine invite you to tell us what you think.**



PERRY STRUSE

**As we head toward the decade of the '90s, it's time again to assess the state of family life in America. How is your family faring?**

## Your opinions count!

We first published this survey nearly 20 years ago and have revised and repeated it at five-year intervals since. Historically, hundreds of thousands of readers have responded, providing a wealth of critical information about how families have been coping in these decades of constantly changing, often threatening circumstances.

It's time now for an update. How are our families doing today as we struggle with job demands, child-care problems, and care-for-the-aged dilemmas, divorce, and remarriage and step-relationships?

We hope that once again you will tell us what's happening with your family. (If you didn't get around to filling out Part 1 of this questionnaire in last month's issue, why not do it now, too?) This fall we will publish the results and excerpts from typical letters.

***Please choose the answer or answers that comes closest to your opinions. If you have additional comments, please enclose them on a separate sheet of paper. Mail to:*** **Better Homes and Gardens Family Questionnaire, P.O. Box 10871, Des Moines, IA 50336.**

## TELL US WHAT YOU THINK

### FAMILY LIFE

**1. In choosing where your family lives, what are the most important factors?** ***(Check no more than three.)***

11 ☐ Proximity to family/relatives
12 ☐ Employment opportunities
13 ☐ Recreational/cultural/educational opportunities
14 ☐ A lifestyle with which you are comfortable
15 ☐ Region of the country
16 ☐ Climate of the area

**2. Do you feel that your spouse really listens to you when you speak? Do your children listen?**

| | *Yes* | *No* | *Does not apply* |
|---|---|---|---|
| Spouse | 17-1 ☐ | -2 ☐ | -3 ☐ |
| Children | 18-1 ☐ | -2 ☐ | -3 ☐ |

**3. Does your family usually eat at least one meal together daily?**

19-1 ☐ Yes
-3 ☐ No
-2 ☐ Only one person in household

**4. Which of the following have the greatest influence on the general development of children under age 12?**

20 ☐ Friends/schoolmates
21 ☐ Adult friends
22 ☐ Parents
23 ☐ Brother/sister
24 ☐ Other relatives
25 ☐ Teachers
26 ☐ Other _____
27 ☐ Organized activities (scouting, sports, etc.)
28 ☐ Church
29 ☐ Television and movies
30 ☐ Books/magazines
31 ☐ Rock music

**5. Are you generally satisfied that you and your spouse spend enough time with your children?**

| | *Yes* | *No* | *Does not apply* |
|---|---|---|---|
| You | 32-1 ☐ | -2 ☐ | -3 ☐ |
| Spouse | 33-1 ☐ | -2 ☐ | -3 ☐ |

**6. Are you satisfied that you have enough time for yourself?**

34-1 ☐ Yes
-2 ☐ No

**7. Do you think businesses and/or government should or should not help American families with:**

| | *Business* | | *Government* | |
|---|---|---|---|---|
| | *Help* | *Not help* | *Help* | *Not help* |
| Day care for children | 35-1 ☐ | -2 ☐ | 46-1 ☐ | -2 ☐ |
| Financial subsidies for having children | 36-1 ☐ | -2 ☐ | 47-1 ☐ | -2 ☐ |
| Subsidies for stay-at-home parent | 37-1 ☐ | -2 ☐ | 48-1 ☐ | -2 ☐ |
| Paid maternity leave | 38-1 ☐ | -2 ☐ | 49-1 ☐ | -2 ☐ |
| Paid paternity leave | 39-1 ☐ | -2 ☐ | 50-1 ☐ | -2 ☐ |
| Paid leave to care for sick child | 40-1 ☐ | -2 ☐ | 51-1 ☐ | -2 ☐ |
| Paid leave to care for sick parent | 41-1 ☐ | -2 ☐ | 52-1 ☐ | -2 ☐ |
| Educational subsidies for: | | | | |
| Children in private school(s) | 42-1 ☐ | -2 ☐ | 53-1 ☐ | -2 ☐ |
| Children in college | 43-1 ☐ | -2 ☐ | 54-1 ☐ | -2 ☐ |
| Vocational retraining | 44-1 ☐ | -2 ☐ | 55-1 ☐ | -2 ☐ |
| Adult in college | 45-1 ☐ | -2 ☐ | 56-1 ☐ | -2 ☐ |

# QUESTIONNAIRE

**8. If you have (or had) a parent or other older relative living in your home, is (was) the overall impact on your family:**

57-1 ☐ Positive
-2 ☐ Not much effect one way or other
-3 ☐ Negative
-4 ☐ Negative for you, but positive for your children
-5 ☐ Does not apply



PERRY STRUSE

## HUSBAND/WIFE

**9. If you had it to do over again, would you choose to marry your present spouse?**

58-1 ☐ Yes
-2 ☐ Not married
-3 ☐ No, would marry someone else
-4 ☐ No, would not marry at all

**10. In your marriage, which of the following are the strongest reasons for staying married? *(Check no more than three.)***

59 ☐ Love
60 ☐ Companionship
61 ☐ Safe sex
62 ☐ Children's welfare and security
63 ☐ Emotional security
64 ☐ Religion
65 ☐ Not married
66 ☐ Fear of living alone
67 ☐ The comforts of home
68 ☐ Sense of commitment
69 ☐ Have learned to tolerate the marriage
70 ☐ Financial security
71 ☐ Sharing mutual goals

**11. Have you and your spouse ever taken part in a marriage enrichment program?**

72-1 ☐ Yes
-2 ☐ No
-3 ☐ No spouse

**11A. If yes, do you and your spouse feel this experience strengthened your marriage?**

| | *Yes* | *No* |
|---|---|---|
| You | 73-1 ☐ | -2 ☐ |
| Spouse | 74-1 ☐ | -2 ☐ |

**12. Are you satisfied that you and your spouse have enough time together? Share enough interests and activities?**

| | *Yes* | *No* |
|---|---|---|
| Enough time together | 75-1 ☐ | -2 ☐ |
| Share enough interests and activities | 76-1 ☐ | -2 ☐ |

77 ☐ No spouse

**13. If you wanted to relocate to change either job or career, do you think your spouse would be willing to move?**

78-1 ☐ Yes
-2 ☐ No
-3 ☐ Does not apply

**14. Regarding child care, in your family, whose major responsibility is (or was) it to:**

| | *Mostly wife* | *Mostly husband* | *Equitably divided between both* |
|---|---|---|---|
| Set family "house rules" | 79-1 ☐ | -2 ☐ | -3 ☐ |
| Discipline the child/children | 80-1 ☐ | -2 ☐ | -3 ☐ |
| Plan/coordinate children's activities | 11-1 ☐ | -2 ☐ | -3 ☐ |
| Take children to doctor/dentist | 12-1 ☐ | -2 ☐ | -3 ☐ |
| Take care of sick children | 13-1 ☐ | -2 ☐ | -3 ☐ |
| Take children to day care/sitter | 14-1 ☐ | -2 ☐ | -3 ☐ |
| Discuss sex and moral issues | 15-1 ☐ | -2 ☐ | -3 ☐ |
| Handle allowances | 16-1 ☐ | -2 ☐ | -3 ☐ |
| Monitor homework | 17-1 ☐ | -2 ☐ | -3 ☐ |
| Resolve sibling arguments | 18-1 ☐ | -2 ☐ | -3 ☐ |
| Chauffeur children | 19-1 ☐ | -2 ☐ | -3 ☐ |

20 ☐ No spouse
21 ☐ No children

## CHILDREN

**15. Do you think that being an only child is more an advantage or disadvantage?**

22-1 ☐ An advantage
-2 ☐ A disadvantage
-3 ☐ No positive or negative impact

**16. Which characteristics do you see most in the teenagers you know today?**

23 ☐ Generous
25 ☐ Greedy
26 ☐ Thoughtful
24 ☐ Inconsiderate
27 ☐ Other _____

**17. If your unmarried adolescent daughter told you she was pregnant, what would you advise her to do?**

28 ☐ Marry the father and keep the baby
29 ☐ Keep the baby but not marry the father
30 ☐ Give the baby up for adoption
31 ☐ Have an abortion
32 ☐ Would leave the matter entirely up to her
33 ☐ Other _____

**18. If your adolescent son were the father in a similar case as described in the question above, what would you advise him to do?**

34 ☐ Marry the mother and keep the baby
35 ☐ Seek custody of the baby
36 ☐ Encourage the mother to put the baby up for adoption
37 ☐ Encourage the mother to have an abortion
38 ☐ Would leave the matter entirely up to him
39 ☐ Other _____

**19. How important is it for children to be involved in the following activities:**

| | *Very* | *Somewhat* | *Not important* |
|---|---|---|---|
| Extracurricular activities (sports, music clubs, etc.) | 40-1 ☐ | -2 ☐ | -3 ☐ |
| A job | 41-1 ☐ | -2 ☐ | -3 ☐ |
| Community activities (volunteer work, neighborhood betterment programs, etc.) | 42-1 ☐ | -2 ☐ | -3 ☐ |
| After-school religious activities | 43-1 ☐ | -2 ☐ | -3 ☐ |

**20. Do you think that your children, for their ages, are adequately educated about:**

| | *Yes* | *No* |
|---|---|---|
| Sex and birth control | 44-1 ☐ | -2 ☐ |
| Child abduction and sexual abuse | 45-1 ☐ | -2 ☐ |
| Drug and substance abuse | 46-1 ☐ | -2 ☐ |
| Adolescent suicide | 47-1 ☐ | -2 ☐ |
| AIDS | 48-1 ☐ | -2 ☐ |
| Money | 49-1 ☐ | -2 ☐ |
| Religion/ethics | 50-1 ☐ | -2 ☐ |
| Patriotism/democracy | 51-1 ☐ | -2 ☐ |
| Emotional depression | 52-1 ☐ | -2 ☐ |
| Smoking | 53-1 ☐ | -2 ☐ |
| Alcohol | 54-1 ☐ | -2 ☐ |

55 ☐ No children

**21. From whom do you think children should learn about sex and birth control?**

56 ☐ Parents
57 ☐ Siblings
58 ☐ Books/magazines
59 ☐ Teachers
60 ☐ Friends
61 ☐ TV/movies

# QUESTIONNAIRE

**22. Do you plan to (or did you) retire in an area that is:**
- 62 ☐ Near some of your children and grandchildren
- 63 ☐ Away from children and grandchildren
- 64 ☐ No children/grandchildren
- 65 ☐ Will (did) not move

## EDUCATION

**23. How satisfied are you generally with the rapport between yourself and your children's teachers?**
- 66 ☐ Very satisfied
- 67 ☐ Somewhat satisfied
- 68 ☐ Not satisfied
- 69 ☐ No children

**24. How would you describe your relationship with your children's school staff?**
- 70 ☐ We communicate frequently
- 71 ☐ We communicate as prescribed
- 72 ☐ We communicate infrequently
- 73 ☐ Does not apply

**25. If you have (or had) children of school age, how satisfied are (were) you with their education?**

| | *Very satisfied* | *Somewhat satisfied* | *Dissatisfied* | *Does not apply* |
|---|---|---|---|---|
| Grades K–8 | 74 ☐ | 77 ☐ | 80 ☐ | 13 ☐ |
| Grades 9–12 | 75 ☐ | 78 ☐ | 11 ☐ | 14 ☐ |
| College/technical school | 76 ☐ | 79 ☐ | 12 ☐ | 15 ☐ |

**26. How would you rate your children's school in:**

| | *Excellent* | *Adequate* | *Poor* |
|---|---|---|---|
| Teaching students reading and writing skills | 16 ☐ | 23 ☐ | 30 ☐ |
| Teaching students about good citizenship | 17 ☐ | 24 ☐ | 31 ☐ |
| Teaching foreign languages | 18 ☐ | 25 ☐ | 32 ☐ |
| Teaching students to think critically/independently | 19 ☐ | 26 ☐ | 33 ☐ |
| Teaching students to achieve and maintain physical fitness | 20 ☐ | 27 ☐ | 34 ☐ |
| Teaching students to solve everyday math problems | 21 ☐ | 28 ☐ | 35 ☐ |
| Encouraging respect for students' individual differences (race, handicap, sex, religion) | 22 ☐ | 29 ☐ | 36 ☐ |

**27. Which kind of school do (did) your children attend?**
- 37 ☐ Public school
- 38 ☐ Nonreligious private school
- 39 ☐ Parochial/religious private school
- 40 ☐ No children

**28. Have you taken any adult education course(s) in the last few years?**
- 41-1 ☐ Yes
- -2 ☐ No

**28A. If yes, what was the main objective?**
- 42 ☐ Career/job advancement
- 43 ☐ Training for a new career/job
- 44 ☐ Intellectual stimulation/enjoyment

## HOME/COMMUNITY

**29. Are you having to make significant financial sacrifices to keep and maintain your present home?**
- 45-1 ☐ Yes
- -2 ☐ No



MARIS/SEMEL

**30. How do you feel about your present home?**
- 46 ☐ A source of personal fulfillment and pride
- 47 ☐ A good investment
- 48 ☐ A comfortable refuge
- 49 ☐ A financial burden
- 50 ☐ A hassle to maintain
- 51 ☐ Other _____

**31. Which is *most* important to you when buying a house?**
- 52-1 ☐ House is most important
- -2 ☐ Neighborhood is most important
- -3 ☐ Neighborhood and house are equally important

**32. How would you rate these features of your neighborhood?**

| | *Excellent* | *Good* | *Poor* |
|---|---|---|---|
| Safety | 53-1 ☐ | -2 ☐ | -3 ☐ |
| Schools | 54-1 ☐ | -2 ☐ | -3 ☐ |
| Interaction between adults and children | 55-1 ☐ | -2 ☐ | -3 ☐ |

**33. How well do you know your neighbors?**
- 56 ☐ Know some of them by name
- 57 ☐ Socialize with them occasionally
- 58 ☐ Consider some close friends
- 59 ☐ Consider many close friends
- 60 ☐ Don't know my neighbors

**34. How does your family socialize with neighborhood families?**
- 61 ☐ Block parties
- 62 ☐ Short visits
- 63 ☐ Parties/dinners
- 64 ☐ Sports and games
- 65 ☐ "Over-the-fence" conversations, dropping by, etc.
- 66 ☐ Community activities
- 67 ☐ Religious activities
- 68 ☐ Other _____
- 69 ☐ None of the above

**35. Have you borrowed, or are you considering borrowing, against your home to:**

| | *Yes* | *No* |
|---|---|---|
| Pay educational expenses | 70-1 ☐ | -2 ☐ |
| Take a vacation | 71-1 ☐ | -2 ☐ |
| Pay medical bills | 72-1 ☐ | -2 ☐ |
| Start a business | 73-1 ☐ | -2 ☐ |
| Make home improvements | 74-1 ☐ | -2 ☐ |
| Just to make ends meet | 75-1 ☐ | -2 ☐ |

- 76 ☐ Other _____
- 77 ☐ Don't own home

**36. How secure do you feel your home is from the threat of criminal intruders?**
- 78-1 ☐ Very secure
- -2 ☐ Somewhat secure
- -3 ☐ Not secure

**37. Since you've lived in your present home, has it ever been burglarized?**
- 79-1 ☐ Yes
- -2 ☐ No

**38. Who should be primarily responsible for homeless families?**
- 11 ☐ Government
- 12 ☐ Church/civic/charitable groups
- 13 ☐ Family and friends of homeless
- 14 ☐ Private groups
- 15 ☐ Combined public/private resources

**39. Have you helped homeless families/children by:**
- 16 ☐ Volunteering in shelters/soup kitchens
- 17 ☐ Contributing money
- 18 ☐ Sending clothing
- 19 ☐ Helping to raise money
- 20 ☐ No, it's the government's responsibility

# QUESTIONNNAIRE

**40. When your children reach the "home-buying" stage of life, do you think they will (did they):**
21 ☐ Buy a better house than you live in
22 ☐ Buy a house comparable to yours
23 ☐ Settle for less house than you have
24 ☐ Not be able to afford to buy
25 ☐ No children

**41. If your children needed a substantial amount of money for a down payment on a house, would you:**
26 ☐ Provide it as a gift
27 ☐ Provide it as a loan
28 ☐ Go into debt yourself
29 ☐ Co-sign a loan
30 ☐ Would not provide help
31 ☐ Could not provide help


ALAN ABRAMOWITZ

## MONEY

**42. How would you feel about your grown children remaining financially dependent on you after age 21?**
32 ☐ Would be OK for a limited period of time
33 ☐ Would have no reservations about it
34 ☐ Would agree reluctantly
35 ☐ Would refuse
36 ☐ Could not afford continuing support

**43. Who in your family is primarily responsible for:**

| | *Woman* | *Man* |
|---|---|---|
| Paying the bills | 37-1 ☐ | -2 ☐ |
| Balancing the checkbook | 38-1 ☐ | -2 ☐ |
| Budgeting | 39-1 ☐ | -2 ☐ |
| Saving and investing | 40-1 ☐ | -2 ☐ |
| Choosing insurance | 41-1 ☐ | -2 ☐ |

**44. With the new federal income tax reform this year, compared to last year, is your family's tax burden:**
42-1 ☐ Increased -2 ☐ About the same -3 ☐ Lessened

**45. In your family, is it essential for both spouses to be employed in order to make ends meet?**
43-1 ☐ Yes -2 ☐ No -3 ☐ No spouse

**46. Financially, is your family:**
44-1 ☐ Able to accumulate savings and investments
-2 ☐ Just making ends meet
-3 ☐ Drawing on savings to meet obligations
-4 ☐ Unable to meet current obligations

## THE FUTURE

**47. How do you view your personal future in the next five years?**
45-1 ☐ Better -2 ☐ About the same -3 ☐ Worse

**48. Do you think your children will be better off materially than you are now? Happier? Better educated?**

| *Better off* | *Happier* |
|---|---|
| 46-1 ☐ Yes, better off | 48-1 ☐ Yes, happier |
| -2 ☐ About the same | -2 ☐ About the same |
| -3 ☐ No, worse off | -3 ☐ No, less happy |

*Better educated*
47-1 ☐ Yes, better educated
-2 ☐ About the same
-3 ☐ No, less educated
49 ☐ No children

## VALUES/RELIGION

**49. Are you a good role model for your children? Is your spouse?**

| | *Yes* | *No* | *Does not apply* |
|---|---|---|---|
| You | 50-1 ☐ | -2 ☐ | -3 ☐ |
| Spouse | 51-1 ☐ | -2 ☐ | -3 ☐ |

**50. How important is religion/spirituality in your family life?**
52-1 ☐ Very
-2 ☐ Somewhat
-3 ☐ Not

**51. Do your children share your moral values? Your material values?**

| | *Yes* | *No* |
|---|---|---|
| Moral values | 53-1 ☐ | -2 ☐ |
| Material values | 54-1 ☐ | -2 ☐ |

55 ☐ No children

**52. Are your religious/spiritual beliefs similar to:**

| | *Yes* | *No* |
|---|---|---|
| Your parents' | 56-1 ☐ | -2 ☐ |
| Your spouse's | 57-1 ☐ | -2 ☐ |
| Your children's | 58-1 ☐ | -2 ☐ |

59 ☐ No religious beliefs
60 ☐ No spouse/children

**53. Who filled out this questionnaire?**
61-1 ☐ Man -2 ☐ Woman -3 ☐ Both woman and man

**54. What is your age?**
62-1 ☐ Under 25
-2 ☐ 25–34
-3 ☐ 35–44
-4 ☐ 45–54
-5 ☐ 55–64
-6 ☐ 65 and over

**55. What is the highest level of education you've completed?**
63-1 ☐ Grade school
-2 ☐ Some high school
-3 ☐ Graduated high school
-4 ☐ Some technical school
-5 ☐ Graduated technical school
-6 ☐ Some college
-7 ☐ Graduated college
-8 ☐ Postgraduate work

**56. What is your current marital status?**
64-1 ☐ Married
-2 ☐ Remarried
-3 ☐ Single/never married
-4 ☐ Living with someone
-5 ☐ Divorced or separated
-6 ☐ Widowed

**57. Please list the ages of each child (yours and/or your spouse's) living *in* your home:** _____ 65-72
**Please list the ages of each child (yours and/or your spouse's) living *outside* your home:** _____ 73-80

**58. What is your current employment status? Your spouse's?**

| | *You* | *Spouse* |
|---|---|---|
| Full-time homemaker | 11-1 ☐ | 12-1 ☐ |
| Employed full-time | -2 ☐ | -2 ☐ |
| Employed part-time | -3 ☐ | -3 ☐ |
| Unemployed | -4 ☐ | -4 ☐ |
| Retired | -5 ☐ | -5 ☐ |

**59. Which of these categories best describes where you live?**
13-1 ☐ Large/medium-size city
-2 ☐ Suburb
-3 ☐ Small city/town
-4 ☐ Rural area

**60. Do you:**
14-1 ☐ Own your home -2 ☐ Rent your home -3 ☐ Other

**61. Is your household income (before taxes):**
15-1 ☐ Less than $20,000
-2 ☐ $20,000–$34,999
-3 ☐ $35,000–$49,999
-4 ☐ $50,000–$74,999
-5 ☐ $75,000 and over

Name _____
Address _____
City _____ State _____ 16-17 ZIP _____

**REMEMBER: Please send comments and questionnaire to: *Better Homes and Gardens Family Questionnaire, P.O. Box 10871, Des Moines, IA 50336.*** BH&G



# DECORATE YOUR EASTER EGGS DELICIOUSLY. WITH BEST FOODS.



## EXTRAORDINARY EGG SALAD




- 4 hard-cooked eggs, chopped
- ½ cup Best Foods® Real Mayonnaise
- ½ cup chopped ham
- 2 tablespoons sliced green onion
- 2 teaspoons Dijon mustard
- Dash freshly ground pepper

In small bowl stir eggs, real mayonnaise, ham, green onion, mustard and pepper. Cover; chill. Makes about 2 cups.

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**For The Best Of Times, Bring Out The Best.**

# DRIVING SAFELY

## USING YOUR EYES TO SAVE YOUR LIFE

By Ann Thompson Diaz

**The technique of "visual driving" could be the most important safety skill you and your family ever learn. Here's what to consider.**

### The bad habit of distraction

Too often, most of us drive in a state of distraction. We daydream along familiar routes. We tune in to the tape deck instead of the road ahead. We focus on what the kids are doing in the back seat, rather than stay alert to what's happening outside the car.

Most driving distraction is a matter of bad habit, so teach yourself again to concentrate on the basics. Use your head as well as your eyes, and practice the technique of visual driving—seeing clearly, perceiving quickly, and reacting wisely whenever you drive.



**Learn to anticipate hazards so you can react quickly and safely.**

STEVE BJÖRKMAN

### Always ask, "What if?"

To prevent an accident, you must recognize danger before it's too late. Keep your eyes peeled constantly for potential problems. It's not enough to *see* what lies ahead; you must *perceive* what the situation might mean. **Tip:** Always look around and ask yourself, "What if?" What if that car suddenly pulls out? What if that child runs in front of me? What if that car slows for a turn without signaling?

### Scan your driving path

Learn to scan continuously, sweeping your eyes smoothly from one side to

*continued on page 87*



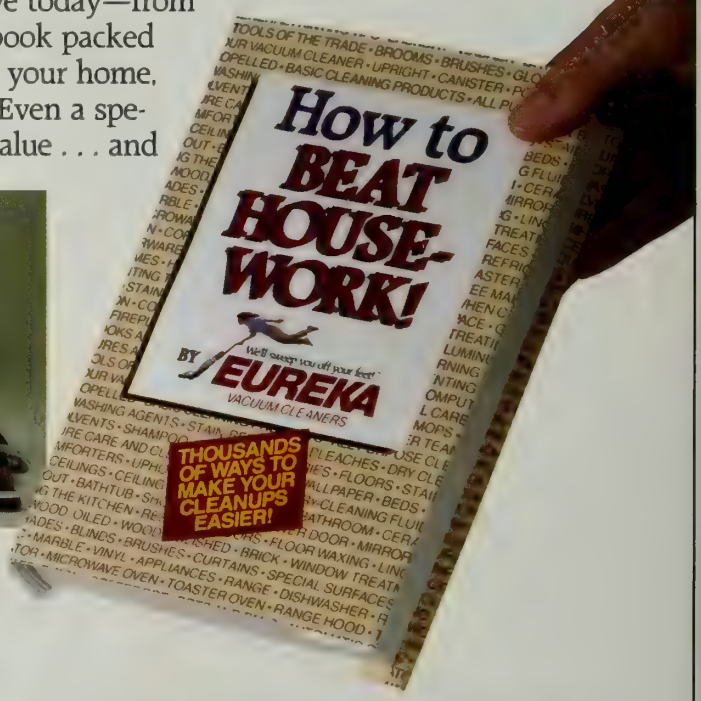

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Real cleaning know-how for the way you live today—from the Cleaning Experts! A 480 page hard cover book packed with thousands of hints, tips and how-to's for your home, including carpets, kitchen and bath, and cars. Even a special section on spots and stains. It's a $19.95 value . . . and *you* can get it FREE!

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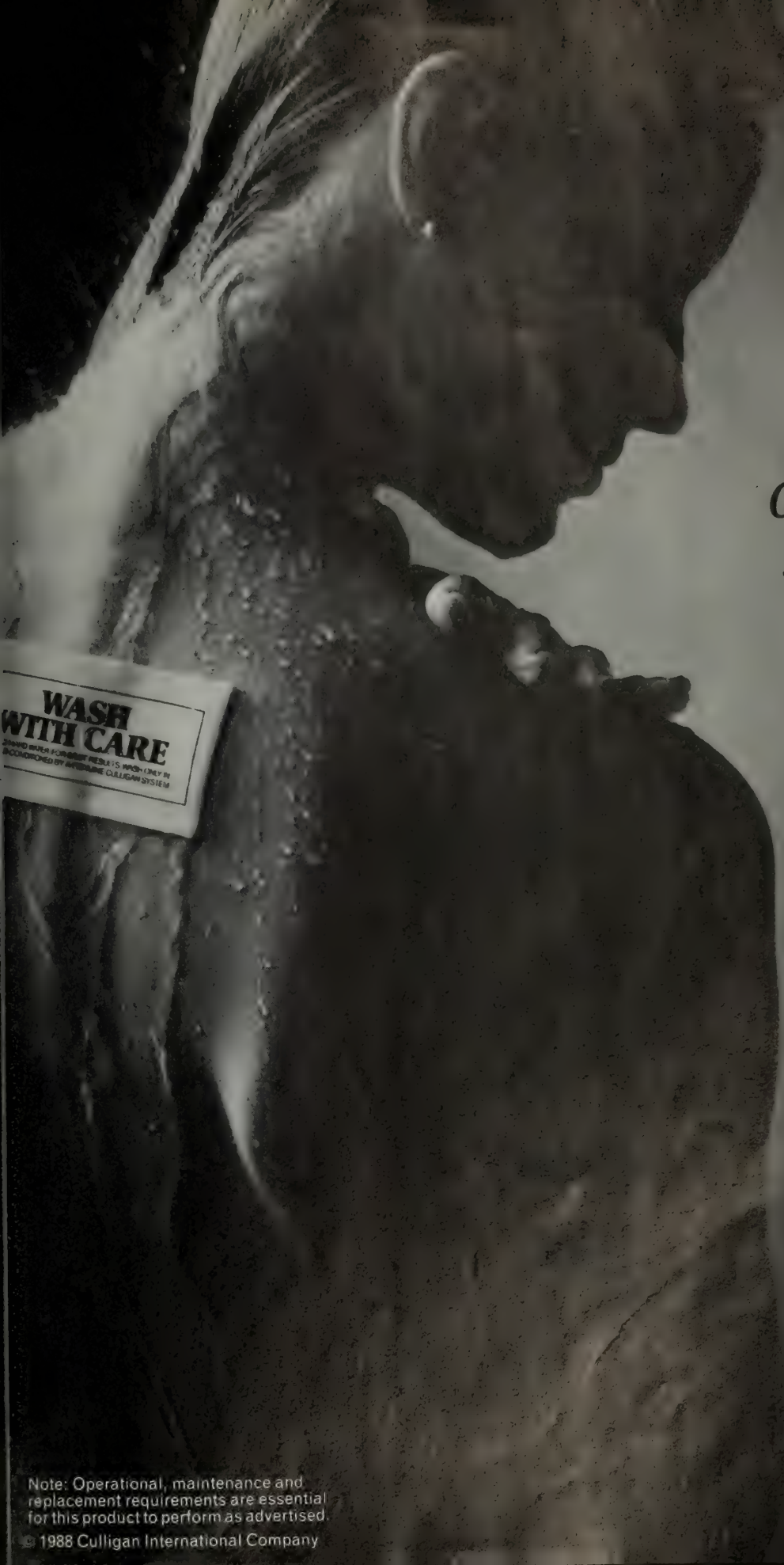
Buy any Eureka vacuum cleaner priced at $80.00 or more, and get "How to Beat Housework" at no additional cost. Let Eureka sweep you off your feet today! (Offer ends July 31, 1988.)






We'll sweep you off your feet!™
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VACUUM CLEANERS

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# *If your body came with Care Instructions, you'd come clean with Culligan® soft water.*

Your care instructions would tell you that hard water dries your skin and dulls your hair. And the best way to avoid hard water is by calling the soft water expert. The Culligan Man. He'll install a Culligan water softener to reduce the troublesome minerals that cause hard water problems. And he'll back it with fifty years of Culligan Man service and know-how.

So for silkier skin, shinier hair, call your Culligan Man. The soft water expert. And for a free booklet "How To Make Water Work For You," call **1-800-447-4700 ext. 227.** Just say, *"Hey, Culligan Man!"*



*Take care with* Culligan.

Note: Operational, maintenance and replacement requirements are essential for this product to perform as advertised.

© 1988 Culligan International Company

**Ready.**




**Set.**



**Gone.**



## Keebler® Easy Elfin Cheesecake

- 1 Keebler® Ready-Crust® Graham Cracker pie crust
- 1 package (8 oz.) cream cheese, softened
- ⅓ cup sugar
- 1 cup (½ pt.) sour cream
- 2 teaspoons vanilla
- 1 8-ounce container frozen whipped topping
- Fresh strawberries for garnish

*Beat cheese until smooth; gradually beat in sugar. Blend in sour cream and vanilla. Fold in whipped topping, blending well. Spoon into crust. Chill until set, at least 4 hours. Garnish with fresh strawberries if desired.*



# Pie goes fast, when elves make the crust.

© 1988 Keebler Company. Ready-Crust is a registered trademark of the Johnston's Ready-Crust Company

*continued from page 84*

the other along the road and shoulders that lie ahead. Your focus should always return to the path directly in front of you—the space your car will occupy in the next ⅕ mile on the highway, or the next block in the city. **Tip:** Think of your driving path as a cone shape, with you at the point. **Tip:** On a straightaway, judge how far out your vision should extend by selecting a stationary landmark ahead and counting seconds, "1,001, 1,002. . . ." Note the number you have reached when your front bumper passes the landmark. If it is less than 12 to 15, pick another spot farther away as your vision target, and count again.

## Be alert to road conditions and signs

When you're scanning, examine road conditions on your path and well beyond it to the left and right. Watch for such dangers as slick spots ahead. Examine shoulders routinely in case you must swerve onto them suddenly. Watch for signs, signals, and such markings as "Slow—Detour Ahead." **Tip:** Don't assume that other drivers are alert: the average driver sees only one-third of all traffic markings.

## Clues from other cars

Train yourself to anticipate danger by observing and thinking about other vehicles on the road: Subcompact cars with rooftop carriers may be top-heavy,

*continued on page 88*









## DRIVING SAFELY

*continued from page 87*

for example. Trucks and buses are notoriously slow to brake. Dented cars often are driven by inattentive drivers. A weaving vehicle may indicate that the driver is lost, distracted, or drunk

### The people around you

Scan your path for pedestrians, bicyclists, and motorcyclists, all of whom are easily missed. Stay especially alert for children and animals. They can be obscured by such things as parked cars or shrubbery, and their movements often are unpredictable.

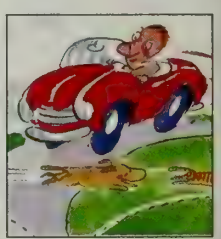
**Tip:** Honking your horn may do more harm than good; the sound sometimes confuses or frightens children and animals, and they'll actually run back into the roadway. The best policy is to slow down, move your car as far away from them as you safely can, and flip on your headlights to make yourself more noticeable.

Remember that pedestrians and bikers are the most vulnerable in collisions. Ask yourself, "Can they see *me?*" and drive accordingly. **Tip:** Put yourself in their shoes. Remember, for example, that elderly pedestrians may be less agile, react less quickly, and suffer from impaired hearing or vision.

### Check your mirrors

It is very important to check mirrors and the instrument panel periodically, but always choose a safe moment to do so. Check only one gauge at a time, returning your focus to the road after one glance.

Contrary to what some advise, checking your mirrors every three seconds is not a safe practice. Each instant you spend looking in a mirror is time spent looking away from the road in front of you. The American Automobile Association advocates checking your mirrors no more than once every 10 seconds. **Tip:** Always remember that mirrors have blind spots—on the left as well as the right. Never make a turn or switch lanes without glancing over your shoulder first.



**Learning the critical safety skill of visual driving will take some practice. So will breaking bad driving habits.**

### Under adverse conditions

Seeing well is especially difficult at night and in bad weather; scan even more carefully and decrease your driving speed by 20 to 30 percent. At night, pay particular attention to the area of darkness just outside your headlights. **Tip:** Double the distance of illumination by installing halogen headlights. **Tip:** In fog, rain, sleet, hail, or snow, use low-beam headlights. Parking lights are inadequate, and high beams reflect the light back into your eyes.

### Take good care of your eyes

Have your vision, including night vision, checked by a doctor every two years—once a year if you are over 55. **Tip:** Make sure mirrors and headlights stay properly aligned and clean, and clean windshield and windows frequently, especially if you smoke.

*—Maryland free-lancer Ann Thompson Diaz has written on automotive and other topics for a number of magazines.*



# 59 Bunnies Per Box.*




Thumper. Fuzzy. Floppy. Pinky. Peter. Whiskers. Snowball. Scooter. Denise. And Bruce.

You can make them all this Easter with pure C&H Powdered Sugar–the secret to better bunnies.

SUGAR BUNNIES

1½ cups butter or margarine, softened
1½ cups C&H Powdered Sugar
1 egg 1 T. vanilla
3 cups all-purpose flour ¼ tsp. salt

Cream butter and sugar. Beat in egg and vanilla, then flour and salt until well blended. Divide dough between 2 sheets of waxed paper; wrap and flatten into ¾-inch thick rounds. Refrigerate 1 hour or until firm. Heat oven to 325° F. On a floured surface roll dough between ⅛ to ¼-inch thick. Cut out. Bake on ungreased cookie sheets until lightly colored, about 12 minutes. Cool and decorate. About 5 dozen.

Icing: Beat 2¾ cups C&H Powdered Sugar, 2 tablespoons softened butter or margarine, 2 egg whites, and a pinch of salt until smooth and glossy. If too thin, add more powdered sugar; if too thick, add drops of water.

To color, divide icing into separate bowls. Stir in food coloring until icing is the shade desired. Cover icing with a damp cloth to keep it from drying out.

To pipe, spoon into a decorating bag fitted with a small writing tip.

For a bunny pattern, send a self-addressed stamped envelope to: C&H Sugar Bunnies, P.O. Box 4126, Concord, California 94520.

C&H

*Or, 118 bunnies per bag.

# Get enriched quick.

Want a big return on a small investment?
Here's the deal. A cigarette that gives you all the rich,
smooth satisfying flavor you want, with even less tar than other leading lights.
How do we do it? Enriched Flavor.™ How do you get in on it?
Invest in a pack of Merit.

**Enriched Flavor,™ low tar. A solution with Merit.**




SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

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Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette by FTC method.

# SERVE UP CHERIMOYA!

## WINTERTIME FRUIT WITH A SUMMER-FRESH TASTE

**SATISFY YOUR TASTE FOR EXOTIC FOODS WITH THE NEWLY PRIZED CHERIMOYA (CHAIR-A-MOI-A). ITS CUSTARDLIKE FLESH TASTES SIMILAR TO PINEAPPLE AND BANANAS, MAKING IT AN IDEAL CHOICE FOR A LIGHT DESSERT.**

### CHERIMOYA WITH FRUIT SAUCE

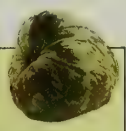
**1 recipe Creamy Cranberry Sauce *or* Orange Sauce**
**1 ripe cherimoya, chilled**
**Mint leaves (optional)**
**Orange peel strips (optional)**

Prepare choice of sauce and chill. Quarter cherimoya lengthwise; remove any seeds on surface. Arrange fruit on plates; spoon sauce over. Garnish with mint leaves and orange peel. Serves 4.

***Creamy Cranberry Sauce:*** In saucepan combine 1 tablespoon *sugar* and 1½ teaspoons *cornstarch.* Stir in ½ cup *cranberry juice cocktail.* Cook and stir till thickened and bubbly. Cook 1 to 2 minutes more. Cool. Fold in ¼ cup *frozen whipped dessert topping,* thawed. Cover and chill. Makes ⅔ cup.

***Orange Sauce:*** In saucepan combine ¼ cup *sugar,* 2 teaspoons *cornstarch,* and ⅛ teaspoon *ground ginger.* Stir in ¾ cup *orange juice.* Cook and stir till thickened and bubbly. Cook 1 to 2 minutes more. Remove from heat. Stir in 1 tablespoon *melon* or *orange liqueur.* Cover and chill. Makes ¾ cup.

***Nutrition information per serving with 2 tablespoons Creamy Cranberry Sauce:*** 163 cal., 2 g pro., 42 g carbo., 1 g fat, 0 mg chol., 1 mg sodium. U.S. RDA: 30% vit. C.



### SERVE THE FRUIT RIPE

The cherimoya harvest starts in December and continues through May. When you purchase a cherimoya, it may still be firm to the touch. Let it stand at room temperature till it's soft (like a ripe peach), then store it in the refrigerator. The cherimoya's seeds cling to its flesh (like watermelon seeds), so go ahead and serve the fruit with some seeds intact.



MIKE DIETER

**CHERIMOYA:** Spoon on a cranberry or orange sauce for a simple and beautiful dessert. Serve both the sauce and the fruit chilled.





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# We'll only have 90

There simply won't be enough 1988 Cutlass Supremes to go around.

The problem is that when cars are built this well, there just isn't any way to crank out a million of them overnight.

For example, engineers spent the past five years just making sure the first one would be as good as it could be.

They evaluated every major car in the world, took apart the best, and examined them piece by piece to determine exactly how to better each one.

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Why, they won't even allow us initially

GM 6/60 QUALITY COMMITMENT PLAN

Let's get it together... buckle up.

See your Oldsmobile dealer for the terms and conditions of this limited warranty.



# o 174 million people. housand cars. Hurry.

o sell the first 3,000 built. They're going o test them over and over again, to make sure nothing goes wrong when yours is built.

Unfortunately, making cars this good doesn't make enough to go around.

So if you want to be among the first 90,000 on your block to own the all new 1988 Cutlass Supreme, better get on down to your Oldsmobile dealer for a test drive.

And hurry.

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CUTLASS SUPREME

# TAHITI

## HOW TO MAKE A DREAM VACATION COME TRUE

By Mark Ingebretsen

**Visiting these legendary South Pacific islands has never been easier. Fly direct from the U.S. West Coast. Choose from dozens of relaxed beachside resorts—with prices for families starting at $300 per day. Or, spend a bit more and take a cruise to Tahiti's six major islands. Here's our guide to the vacation of a lifetime.**

*continued on page Z11*



MARK INGEBRETSEN



**PARADISE FOR RENT:** Some resort cottages have in-floor windows for viewing fish at night.

**NATIVE WELCOMES:** In villages and along back roads, local children wave and smile at strangers.

**A TRANQUIL WAY OF LIFE:** Fishermen still travel the islands' immense lagoons in canoes carved from tree logs.

LARGE PHOTO COURTESY OF UTA FRENCH AIRLINES; BOTTOM INSET TAHITI TOURIST PROMOTION BOARD

# With Eurail Flexipass you can stay another day or be on your way.







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With the new Eurail Flexipass,* you have the flexibility of using any 9 days of rail travel during a 21 day period. So now you can travel First Class through any or all of 16 countries with first class freedom and savings too!

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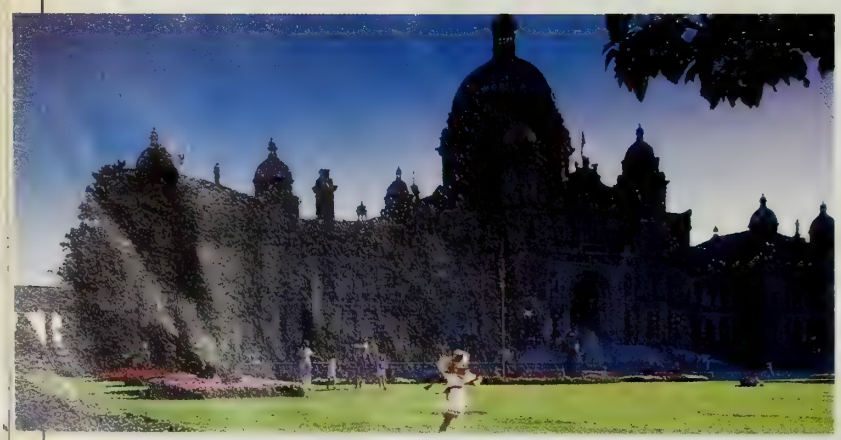
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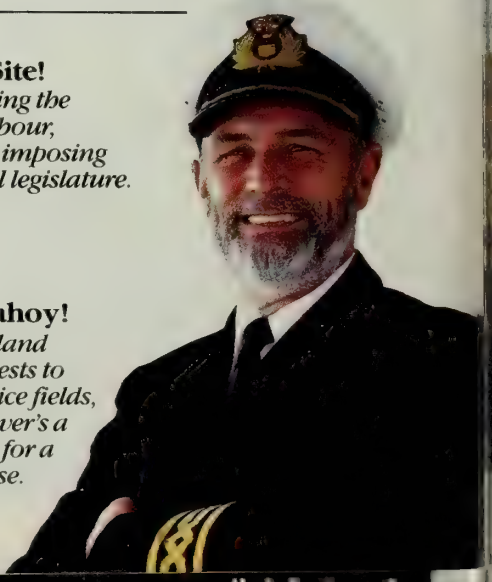


Vancouver, British Columbia

# British Columbia's Pacific pleasures...



**Capital Site!**
*Overlooking the inner harbour, Victoria's imposing Provincial legislature.*



**Ships ahoy!**
*From island rain forests to coastal ice fields, Vancouver's a natural for a sea cruise.*

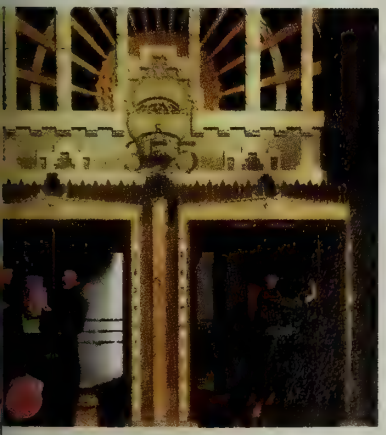


Where better to begin than Vancouver, just a 90-minute drive north from Seattle. And you could well be tempted to go no farther. With beaches to the west, mountains to the north, a seaside park in the heart of the city, a magnificent aquarium, and the quaint and various diversions of Gastown and Granville Island, Vancouver harbours pleasures all its own.

And some nifty ways to get out of town. By aerial tramway to the top of Grouse Mountain. Or the vintage Royal Hudson steam-train for a day trek to Squamish.

Or cross the strait by ocean-going ferry to Victoria, for a very different cup of tea. Formal gardens, old world shops, and a gracious foreign flavour.

To find out what lies in store, just over the border, and how much farther you can go with the premium on your dollar, call 1-604-387-1642 (toll call).



**Vancouver's Marine Building.** *Art Deco with a maritime motif.*



**Native heritage** *The Museum of Anthropology is a stunning tribute to our Native art and architecture.*

# Canada

## The World Next Door

# There isn't a home ir improved by a GA



Contemporary, colonial, posh or plain. You name it!

Any home can be improved not only in appearance but also



in trouble-free performance and most importantly to you, the homeowner, in value.

Consider, for a moment, these two startling facts. One, a roof represents one-third of the surface of your house; and two, a new GAF® Timberline® roof is usually less than half the cost of remodeling a single bathroom. Which means the return on your investment in a new roof is outstanding.

In fact, dollar for dollar it's unquestionably the most noticeable improvement for any home in the country. No wonder GAF Timberline shingles are the number one choice of architects and builders.

After all, compared to ordinary shingles, GAF Timberline shingles have a rich dimensional texture that bears an uncanny resemblance to wood. The



alternating rise of shingles casts playful shadows throughout the roof. The overall appearance is something neighbors can't help but envy.

Then there's the colors themselves. Eight warm, distinctive earth-tone blends—from Charcoal to Sunset to



Weathered Wood, each having depth and dimension that can't be duplicated. They also carry a 30 year Limited Warranty.

For a closer look at GAF Timberline shingles check your Yellow Pages for a GAF roofing contractor in your area.

You'll come away feeling you've improved your home by starting where you should. At the very top.

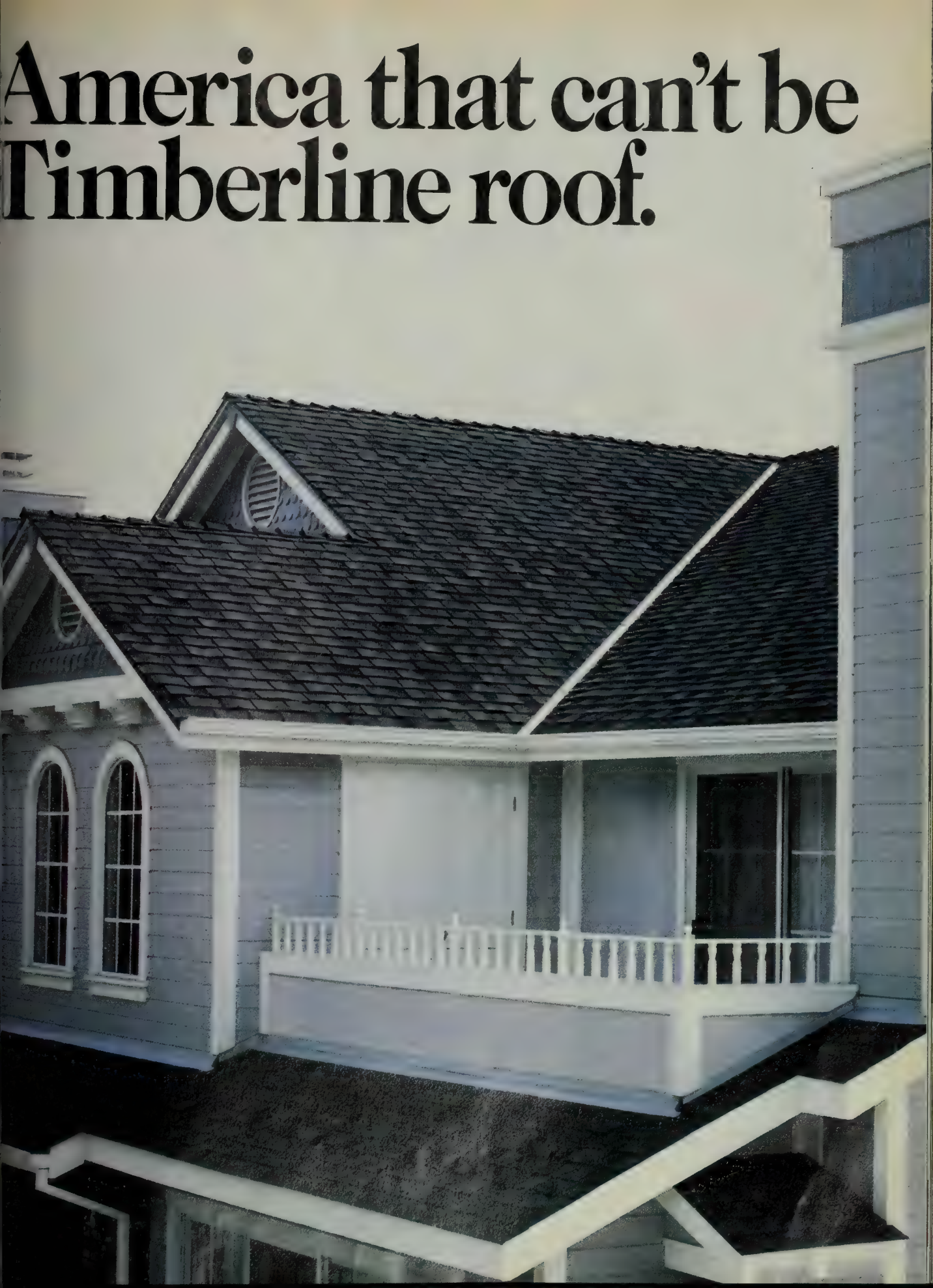
*GAF Timberline.*
*The #1 choice of architects for the beauty and value it adds to any home.*



ABOVE ALL IT'S A GAF ROOF

©GAF Corporation 1988

# America that can't be Timberline roof.







New! Requires No Mixing

Roundup RTU READY-TO-USE

Grass & Weed Killer

# Roundup.® Nothing stops the Weed Stampede better...easier.

Now with new ready-to-use Roundup® Grass & Weed Killer, it's even easier to rid yourself of those tough weeds that overrun your sidewalk and driveway cracks. Eliminate unwanted grasses and weeds in mulch beds and patios. And stop the stampede that runs along fence lines. A spot spray of Roundup by Monsanto does the job.

Roundup is especially made for those hard-to-weed spots. Because it's systemic, Roundup kills the whole weed – roots and all. Now *that's* effective. In fact, Roundup kills up to 50 varieties of weeds and grasses. Yet it's biodegradable, leaving absolutely no residue or buildup.

Roundup is the professional quality grass and weed killer now formulated and packaged especially for the homeowner. Available in ready-to-use sprayer or concentrate. Roundup takes the work out of the worst kind of weeding.









Roundup® by Monsanto

**Grass & Weed Killer**

**Nothing kills weeds better than Roundup!**

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*continued from page Z4*

## AN ISLAND-HOPPER'S GUIDE TO TAHITI

*Here's what you'll see*

Stay on one of the islands described below, and you can visit the others by flying or taking ferry boats.

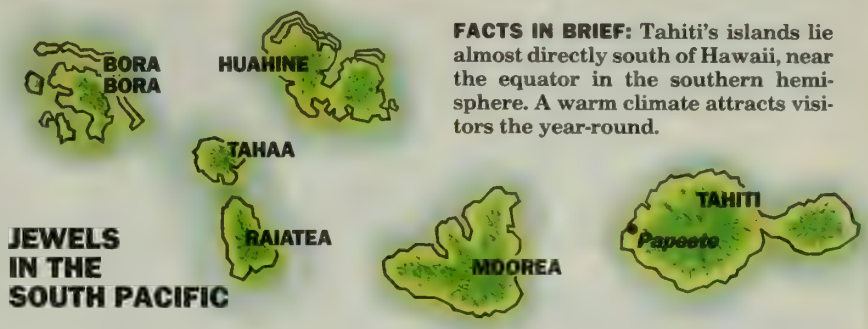
● **TAHITI**—Idyllic beaches and the colorful port capital of Papeete make Tahiti the most diverse island in the group. Stay here if you like resort amenities, good stores, restaurants, and nightlife. But, even if your vacation takes you to one of the outer islands, a first-night stopover in Tahiti is a good idea. You'll have time to rest up after your flight, swim, and explore.

In Papeete, French-styled shops and cafés look out at the bay waters, where sailing yachts sit at anchor. A block inland, islanders sell fresh fish and native crafts during Sunday morning market days. A winding, mountain road connects Papeete to the airport and major resort hotels. Just outside town, you'll glimpse black-sand beaches with dreamlike thatched cottages, only steps from the sea.

● **MOORÉA**—Volcanic peaks and thick jungle give Mooréa the air of an uncharted island. The pace remains slow here. No major towns compete for your attention. So, many visitors opt for a thatched-roofed resort and spend a blissfully idle week. If the urge to explore hits, you can hop on the open-air buses that locals call le truck. These island-circling tour buses travel to ancient Polynesian ruins and to majestic Cooks Bay, the setting for many South Pacific epic films.

● **BORA-BORA**—The cloud-covered mountains on Bora-Bora descend to powder-white beaches. Coral reefs circle the island, turning waters smooth as glass, safe for kids and older folks. Atop the reef sit motu (islets), some just an acre, nearly all accessible via hotel launches. On one motu you can snorkel in a shallow, fenced-in "lagoonarium." Ghostly manta rays and two small, *very shy* sharks, penned in by the fence, are among the exotic species you'll see.

Back ashore, head for the main town of Viatape, where the unpaved streets, rustic homes, and shops will remind you of the film *South Pacific*. In the school yard, children wave and smile at vacationers (bring your camera), as townsfolk ride by on their bicycles.




**FACTS IN BRIEF:** Tahiti's islands lie almost directly south of Hawaii, near the equator in the southern hemisphere. A warm climate attracts visitors the year-round.

● **RAIATÉA**—One step removed from the normal tourist paths, Raiatéa is for folks who like to explore and meet people. At the harbor town of Uturoa, ancient freighters float languidly against the breakwater. Island general stores line the town's main street. Inside, you'll find everything from postcards to truck tires to Japanese TV sets, with goods piled to the ceiling.

Tahitian children dance for visitors in a floral park across from the nearby hotel Bali Hai. After the show, walk through the tidy neighborhoods next door, where Tahitians repair their boats or tend to their flower gardens.

● **HUAHINÉ**—Surfers the world over come to Huahiné for its famous curling waves. Few other visitors make it this far, so this island is perhaps the most traditional of the Tahiti group. The bus tour around Huahiné takes you down dirt roads past thatched houses. Families fish for meals out of their front doors. Splashing through puddles, the bus continues deeper into the jungle, stopping at ancient native ruins and a shell-strewn beach that fronts the rolling Pacific waves.

*continued on page Z12*

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## TAHITI

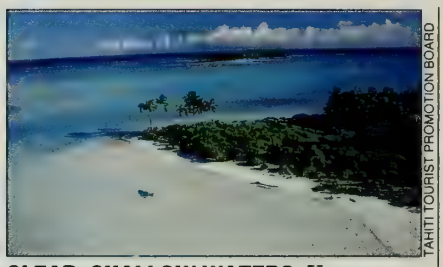
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### SPECIAL ADVICE FOR FAMILY VACATIONERS

*Planning your Tahiti trip*

Tahitians love children, and they'll be curious and friendly when they meet yours. But family vacationers have only recently begun visiting these islands. So, local hotels may not offer the special kids' outings and nanny services you find at resorts elsewhere. If you have very young children, it may be best to wait until they're old enough to really appreciate the beauty of these islands. Families with older children will find that all island activities are suited to both kids and adults. When you go out to an evening native show (about the only nightlife on many of the islands), take the kids along. Informality rules here. After the Tahitians perform their traditional dances, they'll likely haul your kids on stage to show off the latest American steps.

● **GETTING THERE**—UTA and Air France fly you direct from Los Angeles. Round-trip ticket prices start at $600, if you book a hotel in conjunction with your flight. The nonstop 7½-hour flight arrives in Tahiti at about 5:30 a.m., local time. *Other airlines serving Tahiti:* Air New Zealand, Qantas, Continental. Ask a travel agent about fares that let you combine stays in Tahiti with stops in Australia, New Zealand, and other South Seas destinations.



TAHITI TOURIST PROMOTION BOARD

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**ISLAND CRAFTS:** Tahitians create art from what they find in the sea.

● **HOTELS**—Terraced into a hillside with balconied rooms looking out on distant-island Mooréa, the Tahara'a is typical of the modern hotels on Tahiti. Rates tend to be lower here than the cost of similar accommodations on the outer islands. Travel agents can help you hunt for package deals that combine airfare, lodgings, and meals. Families should expect to spend from $300 per day, including meals. *Outer-island hotels:* Go to Mooréa, Raiatéa, or Bora-Bora if you really want to relax. Bungalows at major resorts cost families from $350 per day. Add another $120 for meals. *Best suited to families:* The Club Bali Hai on Mooréa has sailboats, canoes, and a pool that fills up with kids from all over the world. A family of four should expect to pay about $300 per day, including meals.

● **CRUISING**—Take a cruise if you'd rather see all of Tahiti's major islands. *The bonus:* With airfare tie-ins and meals included, cruise vacations may offer the best value. All the ships here give passengers ample time ashore to explore towns and beaches. You'll spend 1½ days on each island. The 425-foot *Sea Venture* offers large-ship amenities. The Minicruiser *Tahiti Explorer* pulls right to the beach, allowing the ship's 100 passengers to walk down a gangway for a luau or a day of snorkeling. *More luxurious:* The modern sailing ship *Windstar* courts a young crowd. Cruises cost from $300 per person, per day. The *Tahiti Explorer* includes airfare from L.A. in that price.

● **ABOUT COSTS**—If you're not careful, Tahiti can be expensive, with breathtaking $14 drink prices and $25-per-person lunches. Either stay with all-inclusive packages or save by being creative. Island general stores have lower prices because locals frequent them. Smaller restaurants may charge less than what hotel restaurants charge. Ask for a menu before entering. Open markets sell everything you need to prepare meals in your room.

### WHERE TO WRITE

***The Tahiti Tourist Board, 12233 W. Olympic Blvd. No. 110, Dept. BHG, Los Angeles, CA 90064 (213/207-1919).***




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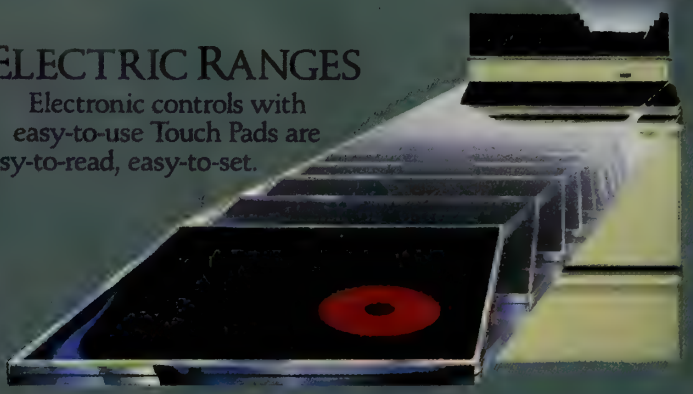
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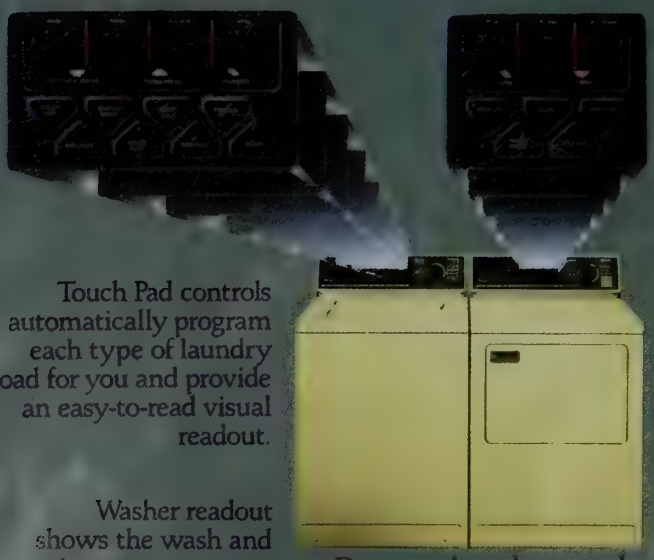
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# PERSONAL STYLE

1988

By Sandra S. Soria

## WEST MEETS EAST

**THIS LIVING AREA APPEARS AS SERENE AS A SANCTUARY—TRULY A PLACE OF REFUGE. TROY WALKER HAS SPUN A COCOON THAT IS SOOTHINGLY NEUTRAL, HIGHLY PERSONAL—AND ROOTED IN THINGS ZENLIKE.**

Westerners have long drawn on Eastern cultures' deep well of original thought for inspiration. Here, for example, designer Troy Walker has adopted the Japanese notion of a home: It should be a neutral setting for life, so that the life itself becomes the prominent element. Sifting this Eastern wisdom through a Western sense of style, Troy has composed a clean and serene guest room that pulls double duty as a den.



**CURVES AND VERVE.** Mixing shapes and textures stirs up fun.

Forget futons, and, while you're at it, put rice paper and the scattered cherry blossoms of Madame Butterfly out of your mind, too. Troy doesn't translate from Japanese design language literally, but reinterprets the philosophy using comfortingly familiar forms. A linen-clad "Hollywood" sofa from the '50s, Harry Bertoia's classic wire chair, and vintage Lloyd Loom wicker are all recognizably American. Add some Japanese references—a drawer-stacked *tonsu* chest, a contemporary lacquer box, and a hand-hewn rosewood footstool—and the room takes on an oriental accent.

This cross-cultural exchange—plus showstopping artwork and sculptural lighting—communicates a refreshing, personal style. What's more, this is style that's easy to live with. "All of this furniture is humanly scaled," says Troy. "A person in a cocktail dress would be comfortable sitting anywhere in this room."

The room's sense of tranquillity adds to its livability. To achieve such a serene setting, Troy began by keeping backgrounds subdued. Against khaki-toned walls, a simply-sisal area rug, and natural linen roman shades,

*continued on page Z18*

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*continued from page Z16*

PERSONAL STYLE 1988



PHOTOGRAPHS: LAURIE BLACK AND ROSLYN BANISH/ARX

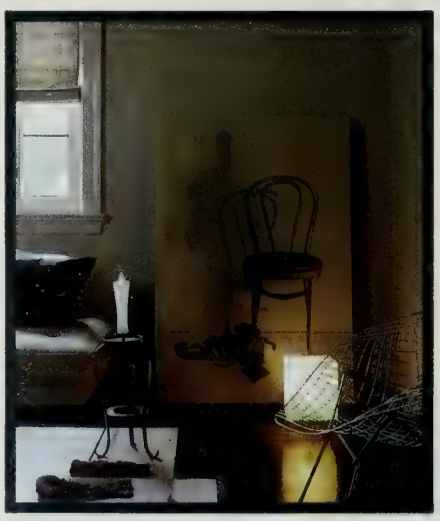
**CROSS-CULTURAL EXCHANGE.** In this room, Japanese and American styles meet in a unique design hybrid.

it's the light and shadow that create a constantly changing, but always calming color palette. The absence of applied color here makes a profoundly Japanese statement.

When piecing together this soothing environment, Troy also considered another basic design element—scale.

"One of the most important things you can play with in a room is scale," says the designer. "Things need to relate to one another in an unforced way. Notice how all the seating heights are the same, for example."

The result is a room that appears long and low, another design device the Japanese rely on to achieve that peaceful, easy feeling.



**NO HANG-UPS.** To create interest, don't put things in their place. Paintings needn't go on walls, nor lamps on tables.

Finally, it's the room's overall composition and simplicity that make the design a standout. Like the Japanese, Troy marries objects informally to strike a fresh relationship between them. Note the oversize painting "hung" on the floor and lighted by a table lamp without a table. The result? Each is seen in a new light.

Troy handpicked these and the other chosen few elements in this setting as carefully as words are selected for a haiku poem. Each piece speaks plainly, and together they make a powerful design statement. BH&G

Design: Troy P. Walker Design Services
Location: San Francisco Decorator Showcase
Field editor: Barbara East Cathcart




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PERSONAL
# STYLE
1988



PERRY STRUSE

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## 'DINING OUT' AT HOME

**FOOD FOR THOUGHT: WHENEVER POSSIBLE, WHY NOT MAKE EATING AN EVENT? HEAD FOR THE GREAT OUTDOORS, MIX THE OLD WITH THE NEW, PLAY THE ELEGANT AGAINST THE EVERYDAY—AND TOSS IN UNEXPECTED DELIGHTS!**

Dining can become a stale experience if you always do it within those familiar four walls, drag out that predictable centerpiece, and pull up to the, sigh, same old table. It's easy to add some spice to your mealtimes, however. Just take a look around the house, and stir things up a bit.

Here, a backyard deck always yields an open-air invitation to dine in style. Rather than rote redwood, new wicker armchairs and a wonderfully weathered oak table are invited outside from different areas of the house for a delightfully different dinner party. Plumped with pillows, the deck's built-in bench is ready to sit in when needed for extra guests.

Set off against the farm table's rugged character, the delicate china, glittering flatware, and twinkling crystal stemware look even more refined. All freshly minted pieces, the china is "Saxon Flowers" from the *Lenox* Classics Collection, the flatware hails from *Oneida*'s Kingswood line and the stemware, manufactured by *Waterford Crystal,* is called "Maeve."



**KICK UP YOUR MEALS!** All it takes is a change of place.

But what really brands this tabletop with one-of-a-kind style is the intimate gathering of objects that holds center stage. Old family photographs, passed-down pearls, and well-handled books direct the mood of the meal down memory lane. Want to create your own centerpiece masterpiece? The recipe is simple—just strut your stuff! BH&G

Life in mid-19th century America had a certain quality and charm to it. It was a simpler time. A quieter time. A time many of us yearn for today.

Now, Waverly has captured the essence of that bygone era in its newest collection. A collection inspired by the famous Greenfield Village located in Dearborn, Michigan.

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As with every Waverly collection, "The Classics" consists of coordinated fabrics, wallcoverings and Home Fashions: shams, spreads, comforters and draperies. All of which come in a wide range of patterns and colors that allow you to create a total look. What's more, they're all designed to complement patterns from other Waverly collections.

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PERSONAL
# STYLE
1988



PHOTOGRAPHS DAVID ZANZINGER. FIELD EDITOR: JOAN DEKTAR

**RISE AND SHINE!** Cartoon colors and multiethnic energy wake up this bedroom.

## WILD, WILD SOUTHWEST

**WEARING COLORS THAT BLAZE LIKE THE SANTA FE SUN AND BOOSTED WITH ETHNIC ENERGY, THIS ROOM GLOWS WITH PERSONALITY.**

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The good news? You don't have to hit the dusty trails to pull together this spicy scenario. Although their designs echo cultures past, the painted furnishings are produced in the here and now by James and Andrea Rannefeld of Taos Style in Taos, New Mexico. He makes them, she paints them, and they ship the furniture around the country.



**ARTFUL LODGERS.** Folk art brings along a friendly personality no matter where it goes.

The furnishings not only give the space a colorful personality, they infuse it with made-by-hand charm. "With primitive things," says Andrea, "you get a feeling that somebody put a lot of heart into the work. That's special."

More primitive folk art gathered on the homeowners' travels spice up the space with an international flavor. Cartoon colors bridge cultural gaps between a Far-Eastern rug, a Mexican deer, and Native-American drums.

Want to wake up your style but don't know how? Simply put: Be bold! BH&G



Vanity top of Sierra Midnight with inlay of Sierra Dusk, first in the CORIAN Designer Collection

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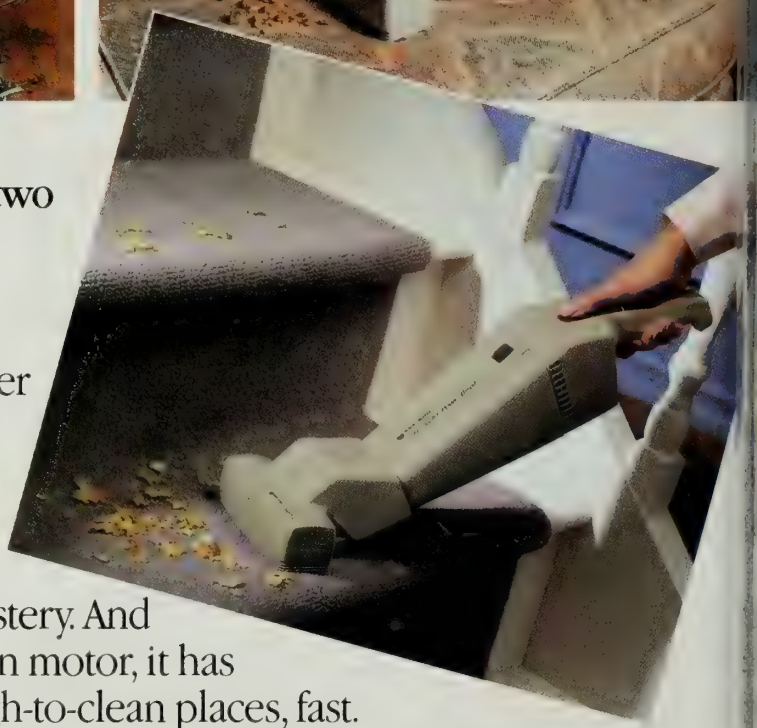
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## CHEESE AND EGG DOG

**1 fully cooked smoked sausage link (about 4½ inches long)**
**1 beaten egg**
**1 slice American cheese, halved diagonally**
**Lettuce leaves (optional)**
**1 frankfurter bun, split and toasted**

Cut sausage lengthwise to, but not through, the opposite side. In a 6-inch skillet cook sausage 4 minutes or till heated through; remove. In same skillet cook egg over medium heat, without stirring, about 2 minutes or till nearly done. Lay cheese and sausage over half of the egg. Cover; cook 1 to 2 minutes to melt cheese. Fold remaining egg half over sausage and cheese, omelet style. Serve on a lettuce-lined bun. Serves 1.



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**New sandwiches to perk up any meal.**

***Nutrition information per serving:*** 535 cal., 25 g pro., 24 g carbo., 37 g fat, 354 mg chol., 1,476 mg sodium, 353 mg potassium, 1 g dietary fiber.

## PEANUT BUTTER PICKLE BUN

*Chunky peanut butter packs a bigger crunch—*

**1 frankfurter bun, split**
**3 tablespoons peanut butter**
**4 dill pickle slices**
**1 tomato slice, halved crosswise**
**Lettuce leaf (optional)**

Toast frankfurter bun, if desired. Spread both sides of bun with peanut butter. With paper towel gently pat dill pickle slices to remove excess moisture. Place the pickle slices on the bottom half of the bun over the peanut butter; add the tomato slice and lettuce. Top with the remaining half of the bun. Makes 1 serving.

***Nutrition information per serving:*** 409 cal., 17 g pro., 30 g carbo., 27 g fat, 2 mg chol., 729 mg sodium, 450 mg potassium, 5 g dietary fiber. U.S. RDA: 16% thiamine, 39% niacin, 13% iron.




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DECORATING

# THE 24-HOUR BEDROOM

## SUITE STYLE IN AN AVERAGE-SIZE SPACE

**Who says a bedroom is just a place to lay your weary head at day's end? Here's an average-size room that's above average in terms of livability.**

### DOUBLE YOUR PLEASURE

By simply adding an inviting lounge chair or two, you can turn your sleeping quarters into a serene suite, as accommodating during the day as at bedtime. Occupying only about 6 feet of space at the end of the room, these chairs yield an escape from the hustle and bustle of the rest of the household.



LAURIE BLACK AND ROSLYN BANISH/ARX

**Devoid of look-at-me patterns, soft colors and furnishings create a serene atmosphere in this bedroom.**

### SUITE FEELINGS

Decorate with quiet elements to leave no room for doubt that a space is reserved for relaxation. Here, a soothing monochromatic color scheme and the soft contours of the furnishings contribute to the calm. Also, the pure-and-simple design doesn't compete with the drama of a majestic view or, at night, with a crackling fire. Left bare, a bank of full-length windows actually seems to reach out to touch the great outdoors and draw in its serenity. BH&G

Design: Barrie Connolly and Ellie Stephens
Field editor: Helen Heitkamp

# TWO STYLES UNDER ONE ROOF

## LIVING TOGETHER IN HARMONY

By Sandra S. Soria

**She has a longtime love of antique English furniture; he has a newfound passion for art deco accents. When opposite tastes attract, here are some ways to mix them attractively.**

### Build bridges

Find a common ground and even unlikely decorating companions can live together happily. Larry and Shelley Broutman have been gathering refined English antique furniture for years. Then, when Larry discovered a taste for these high-spirited, art deco posters, the couple needed a way to link a canyon-size generation gap in their small Chicago apartment.

Working with interior designer Pauline Laner, the Broutmans discovered the solution: Add furnishings that complement both types of collectibles. In the living room, new upholstered seating pieces are classic in form but take on a modern attitude when dressed in bold patterns. With their simple lines and undiscernible styles, accent tables have no problem fitting in.



PHOTOGRAPHS: JESSIE WALKER DESIGN: PAULINE LANER

**CLASSIC FURNITURE SHAPES** in updated dress link English antiques with deco posters.



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## Balance the powers

Another way to promote harmony between disparate design styles? Create a system of checks and balances.

Throughout their home, the Broutmans limit pieces to a select few so that each object holds a prominent position. Alike in size and impact, a 1700s English hutch and a 1930s French art deco poster (*near right*) bask in separate spotlights in the dining room, rather than fight for attention.

A similar treaty keeps peace in a living room corner (*far right*) where stately English subjects—a Windsor chair, oak cupboard, and mini coffer—gracefully accept a French accent, the Mistinguett poster.




**UNLIKELY DINNER COMPANIONS**—an English hutch and a French poster—stir up fun.



**LIMIT FURNISHINGS** to a favored few, so that no piece gets lost in the crowd.

When faced with clashing styles you want to mix, remember these final rules:

- *Limit* yourself to two or three style categories.
- *Use* the mix consistently throughout your home.





# New Swanson® Premium Chunk Turkey. Solid Chunks That Stand Out In Any Salad.



## TURKEY-APPLE SALAD



1 can (5 ounces) Swanson® Premium Chunk White (or White & Dark) Turkey, drained
¾ cup chopped apple
½ cup sliced celery
2 tablespoons raisins
⅓ cup prepared Italian dressing
1 tablespoon brown sugar

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1. In medium bowl, gently stir together Swanson® Premium Chunk Turkey, apple, celery and raisins.
2. In cup, stir together dressing and brown sugar; pour over turkey mixture. Toss gently to coat.
3. Serve on lettuce leaves. Makes 1½ cups or 2 servings.




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# SPIRITED COOKING TIPS



STEVE BJORKMAN

**Spirits add exquisite flavor to your cooking. When foods are cooked or flambéed in spirits, the alcohol (and its calories) evaporates, leaving just a special taste.**

## Cooking with alcohol

- **Sauces**—Turn a white sauce or béarnaise sauce into a topping extraordinaire. Add 1 to 2 tablespoons of a spirit for each cup of sauce. You can add wine or liquor after thickening but the spirit may have a slight "raw" edge. If the wine or liquor is cooked first (used to deglaze a pan or added at the beginning of a recipe), the alcohol flavor mellows during cooking.

***Flavor tip:*** Dry white wines work well in delicate sauces; use red wines for highly seasoned sauces.

- **Flaming foods**—Choose brandy, rum, or sherry that is at least 40 proof. *Do not* use 150-proof spirits for flaming; they're very volatile. Warm a few tablespoons of alcohol in a small saucepan over low heat or in the microwave. Using a long match, immediately ignite the alcohol and pour over hot food (in a flameproof dish). After the flames subside, stir the food.

***Flavor tip:*** Flambé fresh fruits with sherry, duck with gin.

## Safe cooking

- Never pour alcohol directly from the bottle over a flame.
- Keep hair and clothing away from flambéed food.
- Do not carry a flaming dish.
- Cook alcohol-laced specialties in an uncovered pan in a large oven. Allowing for good ventilation prevents an explosion caused by a buildup of pressure, heat, and alcohol.




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# DRAMATIC CURVE IN GLASS

## AN ADDITION BUILT WITH A BEND



**The Bistanys' new room gives them a floor-to-ceiling view.**

**Rounding the corner with glass block, this bold do-it-yourself remodeling fills in an L-shaped space at the side of the house.**

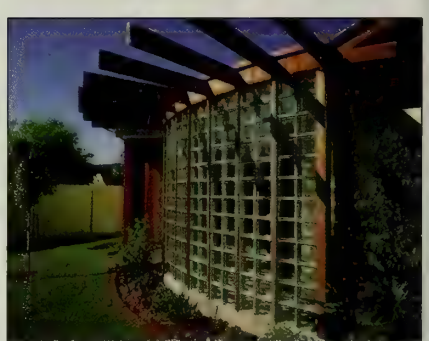
### IT'S A FAMILY AFFAIR

Planning for and building this dramatic addition was a family project: homeowner John Bistany asked his architect brother Richard to design a room, and together they did all of the construction work themselves. The job took about six months and came in $400 under their estimate of $6,000.

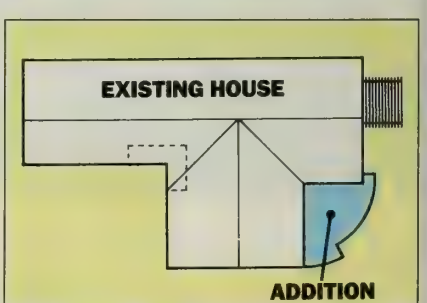
### A NERVY CURVE

The new addition curves to connect at both ends of what was an L (see plan, *right*). From the outside, the graceful sweep is striking, yet blends well with the existing structure. Because the addition faces northeast, sunlight penetrates the block only in the morning—an important consideration in the Arizona desert.

Construction details include the use of redwood 2×6 studs, which bear the load of the roof, and double rows of glass blocks. The rafters extend beyond the wall like spokes on a wheel. Inside, a row of recessed ceiling lights follows the curve, providing dramatic illumination inside and out. A redwood door opens onto a foyer defined by vertical redwood 2×6s.



**A dramatic fan of redwood 2×6s.**




**The addition closes in an L.**

Photographs: Rick Rusing. Design: Richard Bistany
Illustration: Carson Ode. Field editor: Maxine Schweiker

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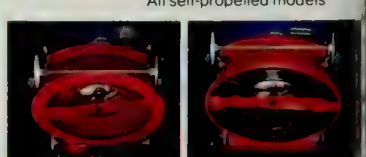
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*Pictured left: Walk mower with optional catcher. Inset: With optional Pac-N-Sac.®*

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See riding mower inset



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*ured right top: Rider with optional bag. Inset: Twin bag. Bottom: Lawn tor with optional twin bag. Inset: Decks.*

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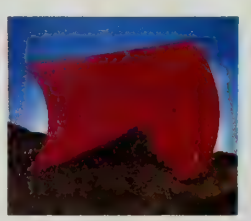

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PHOTOGRAPHS: KARLIS GRANTS. FIELD EDITOR: CATHY HOWARD

# PERENNIALS

## Easy-Care, Ever-Blooming Beds and Borders

By Douglas A. Jimerson

For spring-to-fall garden color, you can't beat perennials. These fuss-free flowers remain in the garden and blossom year after year. To show you how you can create your own ever-blooming flower show, we visited the idea-filled garden of Virginia Burney Bach and her husband Dick. Join us now for a tour of their remarkable garden.





**◂ WELCOME MAT OF FLOWERS**

**Gardening is a team effort for Virginia Burney Bach and her husband Dick. Their Portland, Oregon, garden is living proof that a tiny parcel of land can be turned into a perennial paradise.**

# PERENNIALS



**◂ AN ISLAND OF GREEN**

**Virginia and Dick's luxuriant lawn is the centerpiece of their spectacular perennial garden.**

**GARDEN IN JUNE ▸**

**Towering drifts of lavender and purple delphiniums burst into bloom in the early summer.**

*"In the summer our garden is lush and blousey. It looks like an overdressed lady."*

**—Virginia Burney Bach**

Good soil preparation is the key to Virginia and Dick's amazing garden. "Because perennials come up year after year," says Virginia, "we feel it's very important to build up the soil as much as possible before we even think about planting anything." Over the years the couple has steadily improved their heavy clay soil with sand, peat moss, and both chicken and cow manure. A thick mulch of shredded bark helps eliminate weeds and keeps soil moisture constant.

**GARDEN PLAN ▸**

**Having a small city lot didn't stop Virginia and Dick from designing the garden of their dreams. They carefully planned every square inch of their 50-foot-wide garden on paper before any digging was begun. "We wanted to create a colorful retreat that would appear as if it just happened," says Virginia. "The natural look is very important to us."**




ROGER LEYONMARK





# PERENNIALS



*"When I plant, I often pop the flowers into any garden spot. I move them around later if I'm not satisfied."*

—Virginia Burney Bach

You can't help but notice how every corner of Dick and Virginia's garden is carefully color coordinated. "I try to create order out of chaos by grouping plants of similar color in large drifts," says Virginia. "I prefer to work with strong, intense colors like red, blue, orange, purple, and yellow. Pastels, especially pinks, are not allowed in this garden. I dig them up and give them away to friends." For color throughout the growing season, the Bachs include spring-, summer-, and fall-blooming perennials in every border. Evergreen azaleas, rhododendrons, and ivies are interplanted with the flowers for winter color.

### RAISED BEDS ▶

**To ensure good drainage, Dick and Virginia plant their perennials in raised beds they've edged with stones.**

### ▼ SIDE YARD FACE-LIFT

**The Bachs transformed the steeply sloping side yard along the north side of their house into a stairway of bloom.**







# PERENNIALS



## ▲ BOUNTIFUL BLOOMS ALONG THE FENCE

**Hardy bloomers like foxglove, roses, daylilies, and poppies pack the narrow ribbon of soil between the back fence and the alley.**

*"Working in the garden is one of the best ways to keep physically fit. I enjoy doing all the heavy lifting and hauling."*

**—Dick Bach**

Luckily for the Bachs, living in Portland means they seldom have to worry about long periods of hot, dry weather. When drought does occur, the couple uses an automatic sprinkler system that Dick designed and installed. Virginia prefers to hand-water her containers. "During hot spells we water our garden in the early morning," explains Virginia. "Watering in the evening is more fun, but it encourages plant diseases."

If insects or diseases invade their garden, the couple doesn't resort to chemical warfare. "We're very concerned about the environment and never use harmful sprays in our garden," Dick says. "If an insect problem develops, we rely on natural pest control products."

In late fall, Virginia and Dick give the garden a thorough cleanup. They remove all dead and dying foliage from the flower borders so that insects and diseases can't overwinter.



## ▲ POTTED PLEASURES

**Tuberous begonias, primroses, and shasta daisies are just a few of the many perennials, annuals, ground covers, and succulents that grow in pots scattered around the Bachs' garden. For color in the winter Virginia fills any empty containers with green branches of holly and juniper.**

## CONTAINER GARDENING TIPS



- To prevent clay pots from cracking during the winter, Virginia buries small pieces of garden hose horizontally in the potting soil. This allows room for expansion when the pot freezes.
- The Bachs keep their plants healthy with a once-a-month dose of fish emulsion fertilizer.
- If plants grow too big for their pots, Virginia transplants them directly to the garden.

# PERENNIAL POINTERS

## PLANTING



● When you're planting, be sure the root ball of the plant is level with the surrounding soil. Use a ruler to double-check.



● Fill the hole with topsoil and press down gently with your hands to eliminate any air pockets around the plant's roots.



● After planting, water thoroughly and then mulch with several inches of shredded bark, compost, or grass clippings.

## PLANNING

### SHORT ▸ PERENNIALS

Dick and Virginia edge all their borders with low-growing perennials. One of their favorites is variegated arabis. Other good creepers are candytuft, armeria, sweet woodruff, pinks, ajuga, lamb's-ears, moss phlox, and sedum.



### MEDIUM ▸ PERENNIALS

The Bachs set clumps of midsize perennials like hostas and red sage in the center of each bed. Rudbeckia, daylily, Siberian iris, coreopsis, bergenia, Oriental poppy, astilbe, cranesbill geranium, columbine, campanula, bleeding-heart, coralbells, bee balm, veronica, and chrysanthemum are just a few of the many medium-height perennials that are winter hardy throughout most of the country.



### TALL ▸ PERENNIALS

The snow white flowers of the Japanese anemone provide plenty of contrast for the colors in Virginia and Dick's garden. Back-of-the-border alternatives include phlox, bearded iris, hollyhock, delphinium, lythrum, liatris, baby's-breath, yarrow, baptisia, dictamnus, coneflower, globe thistle, foxglove, malva, phlox, hardy lily, and lupine.



PHOTOGRAPHS: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

# INDOOR/OUTDOOR REMODELING

## THREE FAMILIES REVAMP, OPEN UP, LANDSCAPE, AND ENJOY!

By Dave Freedman



## TALL WINDOWS TAKE IN A BOUNTIFUL BACKYARD

*"This scenery has so much life in it, it seems to give us a feeling of vitality."*

**PETER YEUNG**

### • ENJOYING NATURE

Like so many homeowners today, the Yeungs burst out of their closed-in world to enjoy their natural surroundings. After all, those verdant views had attracted them to the property in the first place—and they labored to keep the yard in fine shape.

### • FLOWING IN AND OUT

To allow for an expanse of windows facing the backyard, they raised the roof over the living room and increased the ceiling height from 8 to 14 feet. A new entrance with a mullioned door permits easy in-out traffic flow. With plenty of seating, the cedar deck and brick patio become an extension of the living room.

▲ **INDOORS**
**Three 5 × 10-foot glass panels enrich the living room with a view of the exquisitely landscaped yard.**

▶ **OUTDOORS**
**The living room's new roof is 6 feet higher than the existing roof, allowing taller windows. Peter added the deck, patio, rock garden, fish pond, and lawn.**

**BUYING INFORMATION, PAGE 176.**

PHOTOGRAPHS: MIKE MORELAND. ARCHITECT: PETER S.K. YEUNG. LANDSCAPE DESIGN: GENA WINCHESTER. FIELD EDITOR: RUTH REITER





# NEW KITCHEN NOOK ANNEXES A TERRACE-TAMED HILL

***"The backyard is like a magnet. On nice days, it draws us all together."***

**BILL MACY**

### • TAMING THE SLOPE

The colonial-style home's only drawback was its steeply sloped and heavily wooded backyard. "It used to be a jungle out there," says Bill. The Macys' first priority, therefore, was to "tame the yard and make it livable." They did that by building a series of terraced gardens that descends to a two-level brick patio. Massive fieldstone retaining walls define the patio's boundary.

### • ADDING ON

The next challenge was to create an inviting transition between the interior and the yard. To that end, the couple added a cozy breakfast nook off the kitchen with generous-size French doors that open onto the patio. When the weather is nice, that doorway is hard to resist!

### • LOOKING OUT

At the base of the large bay window, a window seat offers a view of the lush, stepped gardens.

▲ **OUTDOORS**
**Carved into a steep hillside, the terrace serves as an extension of the informal dining space. The patio is just a few steps outside the kitchen—and that makes serving meals outdoors a snap.**

▶ **INDOORS**
**The breakfast-nook addition, with a large bay window and a pair of doors, opens up the once-dim kitchen to the new outdoor environment.**

**BUYING INFORMATION, PAGE 176.**

PHOTOGRAPHS: STEPHEN CRIOLAND. ARCHITECT: NORM ZIMMER. LANDSCAPE ARCHITECTS: HUNTINGTON-KIEST. FIELD EDITOR: CATHY HOWARD





# SMART SWITCH GIVES THE MASTER SUITE A RETREAT

***"Sitting out here starts our day with a glorious outlook on life."***

**SHARON RANAHAN**

### ● TRADING PLACES

Before remodeling, the Ranahans' wake-up view of their azalea garden and the woods beyond was blocked by the master bath. Terry and Sharon transposed the two rooms, giving the bedroom the outside wall. New French doors and sidelights provide an inspiring view of the countryside. Reworking the floor plan produced a more efficient bath layout, netting an extra 30 square feet for the bedroom.

### ● A NEW DECK

The couple added a 9×13-foot brick-paved deck with redwood railing off the master suite, designed to blend in perfectly with the house's Mediterranean style. All new posts, headers, and window frames match the existing woodwork on the 1927 house. The deck's wood foundation wall was stuccoed to resemble the exterior walls. Now the Ranahans don't even have to put their shoes on to enjoy the great outdoors!

**▲ LOOKING IN**
**The bedroom's new location offers direct access to the side yard. A portico to the right of the deck (*above*) leads to a hallway separating the master suite from the children's bedrooms.**

**▶ LOOKING OUT**
**Terry and Sharon enjoy breakfast on their new deck (*right*). "If we use our imagination, we almost feel as if we're on vacation at some exotic resort," Sharon says.**

**BUYING INFORMATION, PAGE 176.**

PHOTOGRAPHS: JAY GRAHAM DESIGN: WALLY ANDERSON, CUSTOM BUILDER. INTERIOR DESIGN: AGNES BOURNE. FIELD EDITOR: BARBARA CATHCART







As you peer back into the bedroom from the deck, the hallway on the left leads to the relocated master bath and dressing room. A carpenter hewed the wood beams with an adz to match the existing woodwork in the 1927 house. The Ranahans had the hardware for the door and windows custom-fabricated by a local blacksmith to match the original hardware in the rest of the house.

# INDOOR/OUTDOOR REMODELING

***"We love it when the boys wake us up in the morning and help us get started. They often romp around on the bed or watch TV while we're showering."***

**SHARON RANAHAN**



# LITTLE GETAWAYS

## Places to Read, Relax, and Renew

By Denise L. Caringer, Robert E. Dittmer, and Sandra S. Soria

### LIVING SPACES

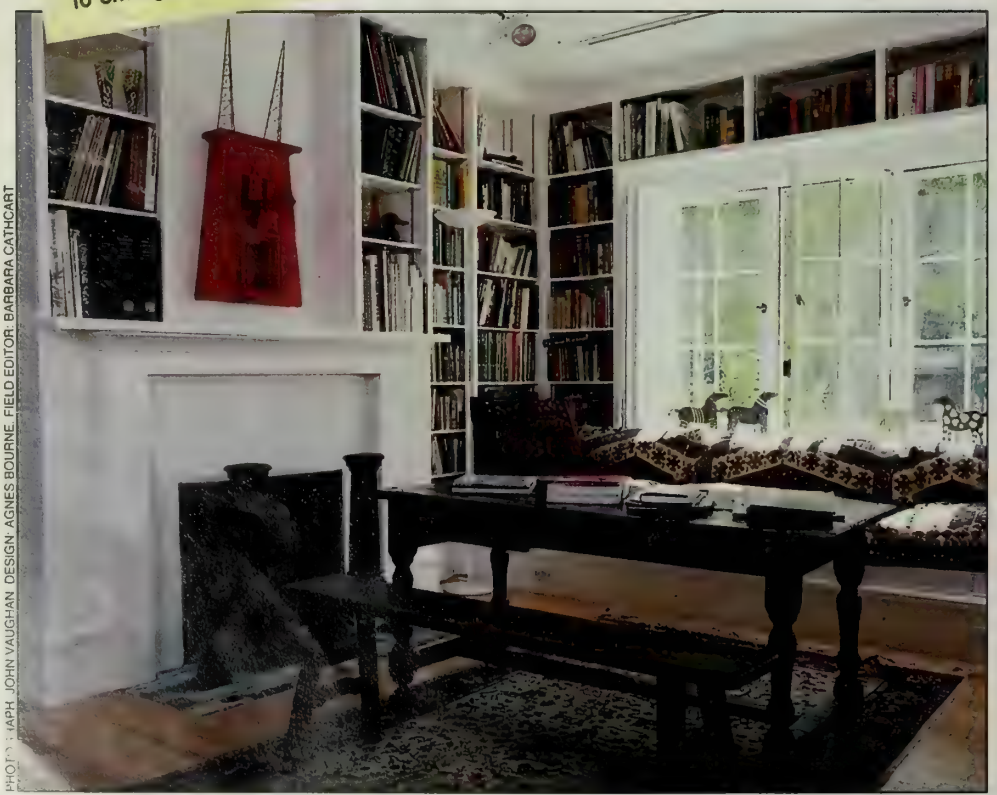
Reserve at least one spot in your home for a great escape. Then—when no one's looking—slip away to sink-down seating and a stack of friendly books. You're bound to emerge a new you!

### NESTLE INTO AN OVERSIZE CHAIR ▶

Overstuffed (but not stuffy), this ample chair and ottoman provide an island of comfort for solo snoozing—or snuggling. Set adrift on amber waves of oak and a kilim rug, the gentle giant is pulled away from the walls to make way for bookcases.



SCOTT LITTLE



PHOTOGRAPH: JOHN VAUGHAN. DESIGN: AGNES BOURNE. FIELD EDITOR: BARBARA CATHCART

### ◀ SURROUND YOURSELF WITH SHELVES

If you're really into books (and lounging), line your room with shelves and replace the expected seating pieces with a library table and bench. A pillow-lined banquette all but insists that you lie back and put your feet up.

### SETTLE BACK ▶ IN VINTAGE STYLE

Comfy cozy? You bet! This setting welcomes with timeless elements—and modern comforts. Start with a couple of new wing-chair recliners, then add a table, a pile of magazines, classic candlestick lamps—and, of course, a blazing fire.

**Buying information, page 176.**


COUNTRY
STYLE

# LITTLE GETAWAYS

## BEDROOM RETREATS

Can't find the time to squeeze in a needed trip to a quiet cabin or an isolated island? Make reservations for comfort in your own room! Then you'll always have a getaway that isn't far away.



SCOTT LITTLE

### CONVERT A SPARE ROOM INTO A DEN ▶

Hey, sofa spuds! Turn that spare room into the laid-back TV and reading place you've always wanted. The soothing nucleus of this scheme? A recliner love seat set atop a nubby green rug.



PHOTOGRAPH BARBARA MARTIN, FIELD EDITOR MARY ANNE THOMSON

### ◀ RELAX WITH WARM PATTERNS AND HUES

Don't you deserve this kind of luxury after a hard day? Grab a good book and climb into the lace-framed bed, or settle back into a squashy lounge chair. Glowing walls and a newly added fireplace take the chill off the early-spring night.

### STEAL AWAY TO A QUIET CORNER ▶

Go ahead; make a run for it! Sneak off to your own snug corner and settle back with a book—or, perhaps, a daydream or two.

Warmed by baskets and family photos, the shelves set the denlike mood. A lamp and a fat chair and ottoman do the rest.

**Buying information, page 176.**



# LITTLE GETAWAYS

## SURPRISING PLACES

Like that charming café you found along the way, it's the unexpected places that often offer the cream of life's little pleasures. Better yet, they're always right there when you need to get away!



SCOTT LITTLE

### ADD A BOOKCASE ▶ TO THE KITCHEN

Place a slim shelf unit near a counter for a bookish, time-out spot. Perfect for reading or letter writing, this mini retreat gathers the troops for homework, hobbies, and "comfort" snacks.



PHOTOGRAPH: ROY INMAN. DESIGN: BRIAN D. MORLEY. SHEILA MORLEY-WALLIS, FIELD EDITOR: PATRICIA SCHUDY

### ◀ CREATE AN AL FRESCO FANTASY

An indoor "patio"? Why not! Dubbed the "cabin-fever room" by its owners, this sitting spot gets backwoods appeal from rustic bricks and twig furniture. The frankly funky elephant lamp and walnut-laden trunk play up the lighthearted mood.

### TIME OUT! ESCAPE ▶ TO THE TREETOPS

Hidden away in the attic, this dreamy treetop nest serves as an everyday retreat. Butterfly chairs and a futon lounger (unlikely shapes borrowed from the patio) offer stylish rest stops. Wire racks and homemade shelves keep sights and sounds close at hand.

**Buying information, page 176.**



# FABULOUS FOODS

SPECIAL RECIPES FOR THOSE SPECIAL OCCASIONS

By Joy Taylor

Looking for a knock-'em-dead recipe? For your next all-out cooking and dining extravaganza, concentrate your time and efforts on one spectacular recipe. Then, complete the menu with no-fuss accompaniments. One glorious recipe makes for one grand dinner.

## ROAST PORK WITH MUSHROOM-BUTTER SAUCE



- ***Preparation time:*** *1 hour*
- ***Roasting time:*** *2 hours*

**MENU**

Chilled Avocado Soup
•
Roast Pork with Mushroom-Butter Sauce
•
Turmeric Rice
•
Steamed Seasonal Vegetables
•
Apricot Custard
•

**Make dinner easy on yourself: Fix and chill the soup and dessert ahead.**
***See recipes, page 121.***

**FOR ROAST PORK . . .**

- **2 cups finely chopped fresh shiitake, oyster, *or* morel mushrooms**
- **2 cups finely chopped leeks**
- **¼ cup butter**
- **¼ cup dry white wine**
- **¾ cup soft bread crumbs**
- **½ cup chopped water chestnuts**
- **½ cup shredded carrot**
- **¼ teaspoon salt**
- **1 4-to-5-pound pork loin center rib roast, backbone loosened (8 ribs)**
- **1 recipe Mushroom-Butter Sauce (see recipe, page 121)**

For stuffing, in a saucepan cook mushrooms and leeks in butter till tender. Add wine; simmer, uncovered, 5 minutes or till liquid evaporates. Remove from heat. Stir in bread crumbs, water chestnuts, carrot, salt, and ⅛ teaspoon *pepper*.

Place roast, rib side down. On the meaty side, cut a pocket above each rib, making 8 pockets total. Spoon stuffing into pockets. Place roast, rib side down, in a shallow roasting pan. Insert meat thermometer. Roast in a 325° oven 1¾ to 2¼ hours or till thermometer registers 160°. Cover loosely with foil after 1 hour to prevent overbrowning. About 30 minutes before serving, prepare sauce. Keep sauce warm. Remove roast from oven; let stand 10 minutes before carving. To serve, slice meat between ribs. Serve with sauce. Makes 8 servings.

***Nutrition information per serving:*** *529 cal., 31 g pro., 16 g carbo., 37 g fat, 146 mg chol., 261 mg sodium, 713 mg potassium, and 2 g dietary fiber. U.S. RDA: 58% vit. A, 13% vit. C, 49% thiamine, 29% riboflavin, 35% niacin, and 17% iron.*



**Cut pockets on meaty side above ribs. Spoon about ⅓ cup stuffing into each pocket.**

PHOTOGRAPHS: TIM SCHULTZ. FOOD STYLIST: PAT GODSTEAD



# SMOKED SALMON SALAD WITH LEMON VINAIGRETTE

**Set the stage for an elegant evening. Succulent salmon, tender greens, and a silky dressing create this first-course masterpiece.**

- ***Preparation time:*** *55 minutes*
- ***Final assembly:*** *35 minutes*



## MENU

Smoked Salmon Salad With Lemon Vinaigrette

•

Assorted Breads

•

Cornish Game Hens with Wild Rice Dressing

•

Steamed Broccoli Spears

•

Almond-Raspberry Torte

•

**After the seafood first course, follow with a simple poultry dish. Because the rest of the meal is light, go ahead and serve a decadant dessert.**

***See recipes, page 123.***

**FOR SALAD . . .**

- **1 large cucumber**
- **2 ounces rice sticks, broken**
- **Cooking oil for deep frying**
- **1 head red tip lettuce**
- **1 head Bibb lettuce**
- **4 cups thinly shredded mixed greens**
- **6 ounces thinly sliced smoked salmon (lox)**
- **Edible flowers (such as nasturtium, borage, *or* pansy)***
- **1 recipe Lemon Vinaigrette (see recipe, page 123)**

Using a very sharp knife, thinly slice the cucumber. Soak slices in iced salt water for 5 minutes. Remove slices. To make cucumber flowers, tightly roll up a small cucumber slice. Wrap the next largest slice around the first slice. Continue wrapping more slices around center slice till flower is of desired size. Secure with a toothpick at one end. Fold out ends of cucumber to resemble a flower. Place in iced salt water for 5 minutes. Drain. Cover and chill till needed.

One hour before serving time, fry unsoaked rice sticks, a few at a time, in deep hot oil (375°) about 5 seconds or till sticks puff and rise to the top. Remove; drain on paper towels. (If rice sticks are fried too early, they may become soggy.)

At serving time, remove large outer leaves from red tip and Bibb lettuce; line 4 plates with leaves. Top with rice sticks. Fill center of each plate with shredded greens. Cut salmon into strips and roll up. Remove toothpicks from cucumber flowers. Arrange salmon, cucumber flowers, and edible flowers on each plate. Serve immediately; pass Lemon Vinaigrette to drizzle over each serving. Makes 4 first-course salads.

***Nutrition information per serving:*** *296 cal., 12 g pro., 9 g carbo., 24 g fat, 84 mg chol., 2,793 mg sodium, and 3 g dietary fiber. U.S. RDA: 20% vit. A, 30% vit. C, 12% riboflavin, and 10% iron.*

***Note:** Use only flowers that are grown specifically for eating.



**Tightly roll up cucumber slices into a flower shape. Secure; soak in salted ice water. Drain.**



# CHOCOLATE TERRINE WITH SPRING FRUITS

**Your guests will "ooh" and "aah," when you serve this outrageous dessert. Enjoy the praise!**

- ***Preparation time:*** *30 minutes plus cooling*
- ***Chilling time:*** *6 hours*
- ***Final touches:*** *5 minutes*



## MENU

Hearts of Palm Salad
•
Sweet Mustard Lamb
•
Lemon Snap Peas
•
Dinner Rolls
•
Chocolate Terrine with Spring Fruits
•
Café au Lait
•

**A lightly dressed salad and simple entrée balance the creamy, rich dessert.** ***See recipes, page 126.***

**FOR TERRINE . . .**

- **1 envelope unflavored gelatin**
- **¾ cup sugar**
- **¾ cup water**
- **4 slightly beaten egg yolks**
- **4 egg whites**
- **¾ cup whipping cream**
- **6 ounces semisweet chocolate, melted and cooled**
- **2 tablespoons orange liqueur**
- **1 recipe Rhubarb-Strawberry Sauce (see recipe, page 118)**
- **Whole and sliced strawberries**
- **Fresh mint, orange sections, and chocolate curls (optional)**

In a 1½-quart saucepan combine unflavored gelatin and sugar; stir in water, then egg yolks. Cook and stir over medium heat till gelatin is dissolved and mixture comes to a gentle boil; cook and stir 2 minutes more. Cover surface with clear plastic wrap. Cool to room temperature (about 1 hour).

In a large mixer bowl beat egg whites with an electric mixer on high speed till stiff peaks form (tips stand straight); fold in gelatin mixture. Beat the whipping cream just till soft peaks form; fold into gelatin mixture. Divide into two equal portions (about 2 cups each).

Lightly fold melted chocolate into one portion and fold orange liqueur into remaining portion. Pour the liqueur portion into an 8x4x2-inch loaf pan, spreading evenly in pan. Cover and chill liqueur layer till partially set (20 to 30 minutes). (Meanwhile, keep chocolate mixture, covered, at room temperature.) Carefully spoon on the chocolate portion when the liqueur layer is almost set but still slightly sticky to the touch. Cover and chill the terrine for 6 hours or till it is firm.

To serve, unmold the terrine onto a serving platter. Decorate terrine and serve slices with Rhubarb-Strawberry Sauce, fresh berries, mint, orange sections, and chocolate curls. Serves 6 to 8.

***Nutrition information per serving:*** *390 cal., 6 g pro., 54 g carbo., 19 g fat, 167 mg chol., 41 mg sodium, and 2 g dietary fiber. U.S. RDA: 11% vit. A and 45% vit. C.*



**Add the chocolate layer when the white layer is almost set and sticky to the touch.**



*continued from page 117.*

# CAMEMBERT SPREAD WITH WALNUT FLAT BREAD

**Send out the word, "Come for hors d'oeuvres." Then plan to make an impression with this beautiful food.**

- ***Preparation time:*** *1½ hours*
- ***Chilling time:*** *2 hours*
- ***Final touches:*** *10 minutes*



## MENU

Camembert Spread with Walnut Flat Bread

•

Appetizer Frittata

•

Chilled Shrimp with Spinach Sauce

•

Mixed Nuts

•

Sparkling Apple Cider

•

**Contrast this cheesy centerpiece with crisp and zesty finger foods.**
***See recipes, page 129.***



**FOR SPREAD . . .**

- **2 4½-ounce containers Camembert cheese**
- **4 ounces fresh pea pods**
- **1 large artichoke, cooked and chilled**
- **1 8-ounce carton dairy sour cream**
- **¼ to ½ teaspoon garlic powder**
- **2 tablespoons crumbled blue cheese**
- **2 teaspoons snipped chives**
- **Red leaf lettuce**
- **2 tablespoons snipped sun-dried tomatoes**
- **Garlic chive blossom (optional)**
- **1 recipe Walnut Flat bread (see recipe, page 129)**

Bring Camembert to room temperature. Meanwhile, cook pea pods in a small amount of boiling water 30 seconds. Immediately immerse in ice water. Drain; chill.

Discard small outer leaves on artichoke. Pull off large leaves; cover and chill leaves till serving time. Discard choke. Finely chop heart.

Cut up Camembert (do not remove white outer coating); place in a food processor bowl or blender container. Add sour cream and garlic powder. Cover; blend till smooth, stopping occasionally to scrape down sides. Stir in artichoke heart, blue cheese, and chives. Spread mixture in a large lettuce-lined platter. Cover; chill till serving time.

To serve, arrange artichoke leaves and pea pods around edge of platter. Sprinkle with sun-dried tomatoes. Garnish with a garlic chive blossom. Serve with Walnut Flat Bread. Makes 12 appetizer servings.

***Nutrition information per serving with ½ of a flat bread:*** *211 cal., 9 g pro., 15 g carbo., 13 g fat, 47 mg chol., 370 mg sodium, and 1 g dietary fiber. U.S. RDA: 11% vit. A, 37% thiamine, 14% riboflavin, 14% calcium.*

**Buying information, page 176.**

# One great vegetable



# deserves another.



## Introducing Betty Crocker's New Potato Medleys.

Betty has taken russet potatoes in savory sauce and made them even better by adding garden vegetables. That's new Potato Medleys. Betty Crocker.® She's the best thing that ever happened to potatoes.




*Scalloped with Green Beans & Mushrooms* | *Cheddar Cheese with Mushrooms* | *Broccoli Au Gratin* | *Scalloped with Broccoli*

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FOOD

# NUTRITION INFORMATION

## HOW TO MAKE IT WORK FOR YOU

### EVERY RECIPE ANALYZED

● With each recipe we give important nutrition information. This information, which includes calorie count of individual servings and the amount, in grams, of protein, fat, carbohydrate, cholesterol, sodium, potassium, and dietary fiber, helps you keep tabs on what you eat.

● Also, you can check the vitamin and mineral levels contained in an individual serving of each recipe. These vitamins and minerals are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

### HOW WE ANALYZE

● When ingredient options appear in a recipe's ingredient list, we use the first ingredient choice for calculating the nutrition analysis.

● We use the first serving size listed.

● We omit optional ingredients from the nutrition analysis.

### WHAT YOU NEED

Use our analyses to chart the nutritional value of the foods you eat. These guidelines are based on daily needs of moderately active females, 23 to 50 years old (in general, males and teens need more calories):

**calories—2,000**
**protein—45 to 65 grams**
**fat—67 grams**
**cholesterol—300 milligrams**
**sodium—1,100 to 3,300 milligrams**
**fiber—25 to 30 grams**

There's no real harm in going over or under these figures in any single day, but aim for a balanced diet overall.

*continued from page 118.*

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## MENU

Chilled Avocado Soup*
•
Roast Pork with Mushroom Butter Sauce*
•
Turmeric Rice*
•
Steamed Seasonal Vegetables
•
Apricot Custard*
•
**Recipe follows*

## FABULOUS FOODS

*(Begins on page 112)*

### MUSHROOM BUTTER SAUCE (FOR ROAST PORK)

*Roast pork recipe appears on page 112—*

1 cup sliced leeks
1 cup sliced shiitake, oyster, *or* morel mushrooms
¼ cup dry white wine
1 teaspoon fines herbes, crushed
½ cup whipping cream
½ cup butter
2 teaspoons lemon juice
1 teaspoon instant chicken bouillon granules
⅛ teaspoon pepper

● **In saucepan combine** leeks, mushrooms, wine, and fines herbes. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes or till most of the liquid is evaporated. Stir in whipping cream.

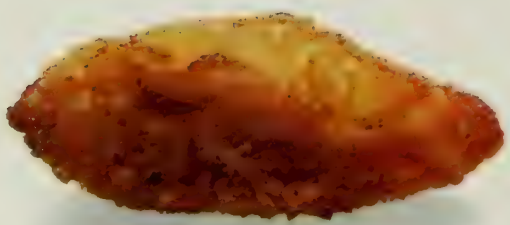
● **Add butter,** a little at a time, stirring till melted. *Do not boil.* Stir in lemon juice, bouillon granules, and pepper. Keep sauce warm for up to 30 minutes. Serve with roast pork. Makes 2 cups.

*continued on page 122*





How to dress a naked nugget.



mixture. Press clear plastic wrap over surface of soup; chill in the refrigerator for 3 to 4 hours or till cold. (*Do not* store longer; the avocado may darken the soup.)

● **To serve, ladle** chilled avocado mixture into 8 soup bowls. Garnish *each* serving with *1 tablespoon* of the sour cream, chopped tomato, and a sprig of fresh dill. Makes 8 servings.

***Nutrition information per serving:*** *168 cal., 4 g pro., 8 g carbo., 14 g fat, 9 mg chol., 235 mg sodium, 490 mg potassium, and 1 g dietary fiber. U.S. RDA: 14% vit. A, 10% riboflavin, and 10% niacin.*

**TURMERIC RICE**

**1½ cups long grain rice**
**½ teaspoon ground turmeric**

● **Prepare rice** according to package directions, adding turmeric to the water before cooking. Makes 8 servings.

***Nutrition information per serving:*** *127 cal., 2 g pro., 28 g carbo., 0 g fat, 0 mg chol., 2 mg sodium, 35 mg potassium, and 0 g dietary fiber. U.S. RDA: 10% thiamine.*

**APRICOT CUSTARD**

**½ cup apricot preserves**
**2 tablespoons apricot nectar *or* orange juice**
**4 eggs**
**2 cups milk**
**⅓ cup sugar**
**¼ teaspoon vanilla**
**Boiling water**
**¼ cup toasted slivered almonds**
**¼ cup chopped macadamia nuts**
**Fresh mint leaves (optional)**

● **In saucepan combine** apricot preserves and apricot nectar. Cook and stir over low heat till preserves are melted. Spread in bottom of an 8-inch round baking dish. Set aside.

FABULOUS FOOD

*continued from page 121.*

**CHILLED AVOCADO SOUP**

*Top each serving with a sprig of fresh dill, chopped tomato, and a dollop of sour cream for a gourmet touch—*



**CHILLED AVOCADO SOUP**—a fresh start to a unique meal.

**¼ cup chopped onion**
**1 tablespoon margarine *or* butter**
**1 tablespoon all-purpose flour**
**¼ teaspoon dried dillweed**
**2 cups chicken broth**
**2 medium avocados, seeded, peeled, and cut into chunks**
**1 cup milk**
**½ cup dairy sour cream**
**1 small tomato, seeded and coarsely chopped**
**Fresh dill sprigs**

● **In a 2-quart saucepan cook** the onion in margarine or butter till the onion is tender but not brown. Stir in the flour and the dillweed. Stir in the broth all at once. Cook and stir the mixture till slightly thickened and bubbly. Cook and stir thickened broth 1 minute more. Cool the mixture slightly.

● **In a blender container** or food processor bowl combine *half* of the broth mixture and *half* of the avocado. Cover and blend or process till smooth. Pour into a mixing bowl. Repeat blending or processing the remaining broth mixture and avocado; transfer to the bowl. Stir milk into the avocado

How to pull together a chicken that's gone to pieces.



# How to make your legs go faster.



### LEMON VINAIGRETTE (FOR SMOKED SALMON SALAD)

*The recipe for Smoked Salmon Salad appears on page 114—*

- 1 egg yolk
- ½ teaspoon finely shredded lemon peel
- 3 tablespoons lemon juice
- ½ teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon dry mustard
- ⅛ teaspoon pepper
- ⅓ cup hazelnut oil, almond oil, *or* olive oil

● **In a blender container combine** egg yolk, finely shredded lemon peel, lemon juice, sugar, salt, mustard, and pepper. Cover and blend till smooth.

● **With blender running at low speed,** add oil in a slow steady stream. Blend till mixture is slightly thickened and creamy. Transfer to a covered container. Chill for several hours in the refrigerator. Stir mixture before serving with salad. Makes about ½ cup dressing.

### MENU

Smoked Salmon Salad* With Lemon Vinaigrette
•
Assorted Breads
•
Cornish Game Hens With Wild Rice Dressing*
•
Steamed Broccoli Spears
•
Almond Raspberry Torte*
•
**Recipe follows*

### CORNISH GAME HENS WITH WILD RICE DRESSING

*Ease preparation by asking your butcher to halve the hens lengthwise—*

- 2 1- to 1½-pound Cornish game hens
- ½ cup chopped onion
- 1 tablespoon margarine *or* butter

*continued on page 124.*



**APRICOT CUSTARD:** Creamy, light, and heavenly.

● **For the custard,** in a large mixing bowl lightly beat the eggs. Stir in the milk, sugar, and vanilla. Place the baking dish containing the apricot preserves mixture in a larger baking pan; set in the center of an oven rack.

● **To prevent preserves** from spattering, hold a large spoon upside down just above the preserves mixture. Pour egg mixture into the baking dish over the back of the spoon.

● **Carefully pour boiling water** into the larger pan around the baking dish to a depth of 1 inch.

● **Bake in a 325° oven** about 35 minutes or till a knife inserted near the center of the custard comes out clean. Cool. Chill for several hours.

● **About 1 hour before serving, loosen** the sides of the custard with a knife. Invert onto a serving plate. Chill in the refrigerator till serving time. Arrange the almonds and macadamia nuts atop. Garnish with fresh mint leaves, if desired. Cut into wedges to serve, or spoon into dessert cups. Makes 8 servings.

***Nutrition information per serving:*** *202 cal., 6 g pro., 26 g carbo., 9 g fat, 141 mg chol., 68 mg sodium, 188 mg potassium, and 1 g dietary fiber. U.S. RDA: 12% riboflavin and 10% calcium.*


# Here's how.

Just add A.1.® Poultry Sauce.

It's made from a secret blend of spices and herbs that'll bring out the best in any bird.

And, whether you use it as a marinade, as a baste, as a dip (or any one of a thousand other ways), A.1. Poultry Sauce is so delicious, it'll leave everyone hungry for more.

So, next time you make chicken, use A.1. Poultry Sauce. And make it better.

NABISCO BRANDS




A.1. Poultry Sauce.
The recipe for great-tasting chicken.

# Progresso shows off your good taste.




HOT 'N SPICY FISH

2 tablespoons oil
½ teaspoon hot pepper sauce
½ cup PROGRESSO® Italian Style Bread Crumbs
¼ teaspoon cayenne pepper
½ teaspoon thyme
½ teaspoon oregano
1 pound fish fillets

In a small bowl, combine oil and hot pepper sauce, set aside. On a shallow dish or platter, combine bread crumbs, cayenne pepper, thyme and oregano. Lightly brush both sides of fish with oil mixture and then dip into bread crumb mixture; place on a broiler pan. Broil 4 to 5 inches from heat for 10 minutes or until done. Top with your favorite sauce. Makes 4 servings.

CHEESY VEGETABLE MEDLEY

2½ cups each broccoli and cauliflower florets, steamed until tender
½ cup carrot slices, steamed until tender
2 tablespoons butter
1 tablespoon all-purpose flour
1 can (12 fluid ounces) PET® Evaporated Milk
1 cup (4 ounces) shredded Cheddar cheese
¼ cup PROGRESSO® Plain or Italian Style Bread Crumbs
¼ cup PROGRESSO® Grated Parmesan Cheese

Melt butter in medium saucepan. Gradually stir in flour and cook over low heat until mixture is bubbly. Remove from heat and gradually stir in evaporated milk. Cook until mixture thickens and begins to boil. Remove from heat and stir in Cheddar cheese until melted. In a 1½ quart casserole, combine cheese sauce and vegetables. Combine bread crumbs and Parmesan cheese; sprinkle over top of vegetables. Place under broiler until top is lightly browned, about 1–2 minutes. Serve immediately. Makes 4 servings.

Taste the pride of Progress


## FABULOUS FOOD

*continued from page 123*

**1¾ cups chicken broth**
**½ cup wild rice**
**¼ cup regular brown rice**
**¼ teaspoon ground sage**
**¼ teaspoon dried oregano, crushed**
**⅛ teaspoon pepper**

• • •

**1 cup shredded carrot**
**Melted margarine *or* butter**
**Fresh sage (optional)**



**CORNISH HENS WITH WILD RICE DRESSING:** fancy but no fuss.

● **Halve the Cornish hens** lengthwise. Rinse hen halves. Twist wing tips under backs. Cover and chill.

● **For stuffing,** in a medium saucepan cook onion in margarine or butter till tender. Stir in the broth, wild rice, brown rice, ground sage, oregano, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 40 to 50 minutes or till liquid is absorbed. Stir in the carrot. Cool; cover and chill up to 24 hours.

● **To bake,** spoon rice stuffing into 4 mounds on bottom of a 13x9x2-inch baking dish. Place Cornish hens, cut side down, over rice mounds in pan. Brush with melted margarine.

● **Bake, covered, in a 375° oven** for 45 minutes. Uncover. Brush hens with melted margarine or butter. Bake, uncovered, 30 to 35 minutes more or till tender. Arrange hens atop rice stuffing on four plates. Garnish each with a sprig of fresh sage. Makes 4 servings.

***Nutrition information per serving:*** *440 cal., 39 g pro., 29 g carbo., 18 g fat, 101 mg chol., 540 mg sodium, 563 mg potassium, and 3 g dietary fiber. U.S. RDA: 163% vit. A, 17% thiamine, 23% riboflavin, 70% niacin, 16% iron.*

### ALMOND RASPBERRY TORTE

*Make cake and filling a day in advance. Frost with whipped cream and garnish with jam and almonds before serving—*

**1½ cups all-purpose flour**
**2¼ teaspoons baking powder**
**¼ teaspoon salt**
**¾ cup margarine *or* butter**
**1 cup sugar**
**1½ teaspoons vanilla**
**3 eggs**
**¾ cup milk**
**½ cup seedless red raspberry jam**
**1 recipe Almond Filling**
**1¼ cups whipping cream**
**¼ cup seedless red raspberry jam**
**Toasted sliced almonds**

● **Grease and lightly flour** two 9-inch round cake pans; set aside. For cake, in bowl stir together flour, baking powder, and salt. Beat margarine on medium speed about 30 seconds. Add sugar and vanilla; beat till well combined.

● **Add eggs,** one at a time, beating after each addition. Add dry ingredients and milk alternately to beaten mixture. (Batter may appear curdled.) Spread batter in prepared pans.

*continued on page 126*



# BAKE IT WITH PLANTERS NUTS

Planters® Walnuts and Pecans add an extra measure of quality to make everything you bake taste extra special.




## PLANTERS BROWNIE FUDGE NUT PIE

Makes 10 servings

1¾ cups PLANTERS® Pecan Halves or Walnuts
1 (14-ounce) can sweetened condensed milk
¼ cup Blue Bonnet® Margarine
½ cup unsweetened cocoa
3 eggs, beaten
3 tbsp all-purpose flour
1 tsp vanilla extract
1 (9-inch) unbaked pastry shell
Whipped cream, for garnish

Coarsely chop 1½ cups nuts. In medium saucepan, over low heat, stir condensed milk, margarine and cocoa until margarine melts and mixture is warm; remove from heat. Stir in eggs, flour, vanilla and chopped nuts; pour into prepared crust. Bake at 350°F for 50 minutes or until center is firm. Serve warm or cold garnished with whipped cream and remaining nuts.

If you have any questions, call: 1-800-932-7800.

10 more holidays to celebrate in April.

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1. There's a guy at work who's perfect for your sister.
2. Your college roommate is coming to town.
3. The IRS owes you $300.
4. Aunt Mae called to cancel her visit.
5. You "permed" your hair and everybody thought you lost weight.
6. You finally beat Shelly & Les at doubles.
7. "Happy Birthday!"
8. Mom's taking the kids for 2 weeks so you can go to Europe.
9. You bought a house.
10. Linda said "Maybe," but Alan's sure she means "Yes."

Uncle Ben's® Long Grain & Wild Rice. The rice with the holiday taste.




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## FABULOUS FOOD

*continued from page 124.*



**ALMOND RASPBERRY TORTE:** whipped cream frosts the moist layers.

● **Bake in a 375° oven** for 20 to 25 minutes or till a wooden toothpick inserted in the center comes out clean. Cool for 10 minutes in the pans on wire racks. Remove from the pans. Cool.

● **Cut cake layers** in half horizontally. Stir the ½ cup raspberry jam. To assemble, spread *one* cake layer with *one-third* of the Almond Filling, then with *2 rounded tablespoons* of jam. Repeat layering with 2 more of the cake layers, Almond Filling, and jam 2 more times. Top with the final cake layer. Cover cake tightly and refrigerate for at least 6 hours or overnight.

● **No more than an hour** before serving, beat cream to stiff peaks; spread over cake. Press almonds around the base of the cake.

● **Just before serving,** stir the remaining ¼ cup jam. Drizzle jam atop cake. Serve immediately. Makes 10 servings.

***Almond Filling:*** In small mixer bowl crumble one 8-ounce can *almond paste.* With an electric mixer beat in ⅓ cup softened *margarine* or *butter.* Add 2 tablespoons *milk;* beat till smooth.

***Nutrition information per serving:*** *637 cal., 9 g pro., 63 g carbo., 41 g fat, 125 mg chol., 398 mg sodium, 290 mg potassium, and 2 g dietary fiber. U.S. RDA: 28% vit. A, 14% thiamine, 23% riboflavin, 17% calcium, 12% iron.*

### RHUBARB-STRAWBERRY SAUCE (FOR CHOCOLATE TERRINE)

*The recipe for Chocolate Terrine appears on page 116—*

**2 cups fresh rhubarb cut into ½-inch pieces *or half* of a 16-ounce package frozen rhubarb, thawed**
**1 cup sliced strawberries**
**½ cup sugar**
**4 teaspoons cornstarch**

● **In a saucepan combine** rhubarb, strawberries, and ¼ cup *water.* Bring to boiling; reduce heat. Cover; simmer 5 to 8 minutes or till tender. Drain, reserving liquid. Add enough *water* to liquid to equal *1¼ cups.* Discard pulp.

**MENU**

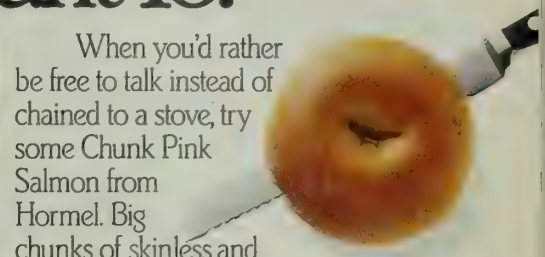
Hearts of Palm Salad*
•
Sweet Mustard Lamb*
•
Lemon Snap Peas*
•
Chocolate Terrine* with Spring Fruits
•
Café au Lait
•
**Recipe follows*

*continued on page 128.*

# For Those Occasions When You Have The Time To Cook A Big Meal, But Still Don't Want To.



When you'd rather be free to talk instead of chained to a stove, try some Chunk Pink Salmon from Hormel. Big chunks of skinless and boneless salmon. Ready to use in some of your simplest and most enjoyable recipes. Like this one.





***Simple Salmon Bagel***

Drain and break apart one can of HORMEL CHUNK PINK SALMON. Add 1 teaspoon of lemon juice, ¼ teaspoon of grated lemon rind, ¼ teaspoon of dried dillweed, and a dash of pepper. Mix lightly. Split and toast four bagels. Spread each bagel half with soft cream cheese and top with the salmon mixture. Garnish with dill, tomato and lemon, if desired. Serve open faced. That's it.



So spend less time cooking and more time with your family and friends. With Chunk Pink Salmon from Hormel. Try our Chunk Chicken, Turkey, and Ham, too.




## The Casual Cuisine.

*Chunk Pink Salmon* Hormel

# What's the last thing you'd expect a rich, chocolatey brownie to be?

## FABULOUS FOOD

*continued from page 126.*

● **Return liquid to saucepan.** Stir together sugar and cornstarch. Stir into liquid in saucepan. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Cool. Cover and chill. Makes about 1 cup sauce.

### HEARTS OF PALM SALAD

- 6 cups torn fresh spinach
- 1 small carrot, shredded
- ½ cup oil and vinegar salad dressing
- ¼ teaspoon dried oregano, crushed
- 1 14-ounce can hearts of palm, drained, sliced, and chilled

Fresh summer savory sprigs (optional)

Fresh oregano sprigs (optional)

● **Toss together** spinach and carrot. Cover; chill. In a screw-top jar place salad dressing and oregano. Cover and shake to combine. Chill.

● **Before serving,** mound spinach onto 6 salad plates. Top with hearts of palm. Drizzle dressing mixture over. Garnish with savory and oregano, if desired. Serve immediately. Serves 6.



**HEARTS OF PALM SALAD:** sprigs of savory and oregano decorate servings.

***Nutrition information per serving of Hearts of Palm Salad:*** *109 cal., 2 g pro., 5 g carbo., 10 g fat, 0 mg chol., 204 mg sodium, 337 mg potassium, and 1 g dietary fiber. U.S. RDA: 121% vit. A, 27% vit. C.*

### SWEET MUSTARD LAMB

*Serve with Lemon Snap Peas (recipe on page 129). And for a festive touch garnish each serving of lamb chop with fresh chives that are in blossom—*

- 2 tablespoons margarine *or* butter, melted
- 2 tablespoons honey
- 1 tablespoon Dijon-style mustard
- ¼ teaspoon dried rosemary, crushed
- ⅛ teaspoon pepper
- 6 lamb leg sirloin chops, cut 1 inch thick

Fresh chives

● **In a bowl combine** the margarine or butter, honey, mustard, rosemary, and pepper. Trim excess fat from the lamb chops. Place the lamb chops on a rack in a shallow baking pan. Brush with some of the honey mixture. Roast in a 325° oven till of desired doneness (allow about 35 to 40 minutes for medium doneness).

● **Before serving the lamb chops,** brush each chop with a little of the honey mixture again. Top each lamb chop with fresh chives, if desired. Makes 6 servings.

***Nutrition information per serving:*** *180 cal., 18 g pro., 6 g carbo., 9 g fat, 65 mg chol., 163 mg sodium, 215 mg potassium, and 0 g dietary fiber. U.S. RDA: 11% riboflavin, 20% niacin.*



**SWEET MUSTARD LAMB:** served with Lemon Snap Peas.

## LEMON SNAP PEAS

*Tuck lemon slice halves under peas—*

- 1½ pounds fresh *or* frozen snap peas
- 1 tablespoon margarine *or* butter
- 2 teaspoons cornstarch
- ⅛ teaspoon white pepper
- ⅛ teaspoon salt
- 1 cup light cream
- ½ teaspoon finely shredded lemon peel
- 1 teaspoon lemon juice

● **If using fresh peas,** in a medium saucepan cook peas, covered, in a small amount of boiling water for 5 to 6 minutes or till tender. (If using frozen peas, cook in a small amount of boiling water about 2 minutes or till heated through.) Drain peas. Cover to keep warm.

● **Meanwhile,** in a small saucepan melt margarine or butter. Stir in cornstarch, pepper, and salt. Add the light cream all at once. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Stir in lemon peel and lemon juice. Serve over drained snap peas. Makes 6 servings.

***Nutrition information per serving:*** *186 cal., 7 g pro., 18 g carbo., 10 g fat, 26 mg chol., 210 mg sodium, 220 mg potassium, and 5 g dietary fiber. U.S. RDA: 24% vit. A, 25% vit. C, 20% thiamine, 10% riboflavin, 10% niacin.*

## WALNUT FLAT BREAD (FOR CAMEMBERT SPREAD)

*It takes a little extra time to roll the dough into thin circles, but the crispy-baked results you get are worth it! The recipe for Camembert Spread appears on page 118—*

- 1 10-ounce package refrigerated white bread dough
- 1 beaten egg
- 1 tablespoon water
- ¼ cup ground walnuts

● **Divide the refrigerated bread dough** into 6 equal pieces. Roll each piece into a ball.

● **On a lightly greased baking sheet** roll each ball of dough into a 10-inch paper-thin circle. If dough is difficult to roll, cover the dough and let it rest for 5 minutes. Then you can resume rolling and the dough should be easier for you to work with.

● **Combine the egg and the water.** Brush over dough circles. Sprinkle *each* circle with *1 rounded teaspoon* of the walnuts.

● **Bake in a 350° oven** for 8 to 10 minutes or till the bread is golden and crisp. Cool bread on wire racks. To store, stack carefully in a tightly covered container.

● **To serve, stack bread on a plate.** Break off portions of the bread to dip into the Camembert Spread. Makes 6 flat breads.

*continued on page 131.*






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# IT'S BUTTER THAN MARGARINE.

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*continued from page 129.*

## MENU

Camembert Spread* with Walnut Flat Bread
•
Chilled Shrimp with Spinach Sauce*
•
Appetizer Frittata*
•
Mixed Nuts
•
Sparkling Apple Cider
•
**Recipe follows*

### CHILLED SHRIMP WITH SPINACH SAUCE

*Making the sauce ahead leaves just 5 minutes prep time on serving day—*

**1 pound fresh *or* frozen shelled shrimp**
**1 recipe Spinach Sauce**
**Lemon wedges**
• • •
**Cherry tomatoes (optional)**
**Lettuce leaves**



**CHILLED SHRIMP WITH SPINACH SAUCE—A seafood lover's favorite.**

● **Cook fresh or frozen shrimp** in boiling salted water for 1 to 3 minutes or till pink. Drain; chill at least 2 hours.

● **Prepare Spinach Sauce.** Cover and chill in the refrigerator.

● **At serving time, arrange** the chilled shrimp, lemon wedges, and cherry tomatoes on lettuce-lined platter. Serve with Spinach Sauce. Makes 8 servings.

***Spinach Sauce:*** In a blender container combine ⅓ cup *mayonnaise* or *salad dressing;* ⅓ cup dairy *sour cream;* ¼ cup snipped *parsley;* ¼ cup frozen chopped *spinach,* thawed and well drained; 1 tablespoon *lemon juice;* 1 tablespoon *water;* ¼ teaspoon dried *tarragon,* crushed; and ⅛ teaspoon *garlic salt.* Cover and blend till smooth. Cover; chill till serving time. Makes 1 cup.

***Nutrition information per serving:*** *140 cal., 11 g pro., 2 g carbo., 10 g fat, 95 mg chol., 168 mg sodium, 162 mg potassium, and 0 g dietary fiber.*



**APPETIZER FRITTATA topped with pepperoni.**

### APPETIZER FRITTATA

**¼ cup chopped celery**
**¼ cup chopped onion**
**2 tablespoons margarine *or* butter**
**8 beaten eggs**
**½ cup dairy sour cream**
**½ cup grated Parmesan cheese**
**1 3½-ounce package sliced pepperoni**
**Sliced green onion (optional)**

● **In ovenproof 10-inch skillet** or omelet pan cook celery and chopped onion in hot margarine till tender but not brown. Combine eggs, sour cream, and Parmesan cheese. Chop *half* of the pepperoni and stir into egg mixture.

● **Pour egg mixture** into skillet and cook over medium heat, lifting edges occasionally to allow uncooked portion to flow underneath. Cook for 8 to 10 minutes or till eggs are almost set.

● **Arrange remaining** pepperoni around edge of egg mixture. Broil 5 inches from heat 1 to 2 minutes or till eggs are set. Sprinkle green onion atop. Cut into wedges. Makes 12 servings.

***Nutrition information per serving:*** *153 cal., 8 g pro., 2 g carbo., 13 g fat, 198 mg chol., 322 mg sodium, 105 mg potassium, and 0 g dietary fiber.*

### MICROWAVE NOTE

**Microwave directions are included when a micro-cooked recipe is as appealing as the conventionally cooked recipe. Microwave versions were tested in countertop microwaves using 625 to 700 watts. Cooking times are approximate because microwaves vary by manufacturer.** BH&G


## TRY THESE MUCH BUTTER WAYS TO COOK WITH CRISCO.

### SHRIMP & VEGETABLE STIR-FRY

¾ lb. peeled and deveined uncooked medium shrimp
3 tsps. cornstarch, divided
⅛ tsp. ground ginger
Dash garlic powder
½ lb. fresh broccoli (about ½ bunch)
4 tbsps. **Butter Flavor Crisco** divided in half
1 cup cold water
½ tsp. instant chicken bouillon granules
1 pkg. (6 oz.) frozen pea pods, thawed

Mix shrimp, 1 tsp. cornstarch, ginger and garlic. Cover and refrigerate. Remove tough ends from broccoli. Cut stalk into ¾-in. pieces, cut head into flowerettes. Add broccoli to 1 quart boiling water. Cook one min., covered. Drain and rinse under cold water. Drain and set aside. Melt 2 tbsps. Butter Flavor Crisco in large skillet over moderate heat. Add shrimp mixture. Cook and stir until shrimp are opaque and white. Remove from skillet. Set aside. Combine cold water, 2 tsps. cornstarch and bouillon granules in small bowl. Melt remaining 2 tbsps. Butter Flavor Crisco in same large skillet. Add broccoli, cook and stir over moderate heat until tender. Add pea pods, cook and stir one min. Add cornstarch mixture, cook and stir until mixture begins to bubble. Add shrimp. Cook and stir until mixture thickens and bubbles. Serve over rice if desired.

### DIP 'N' FRY FISH

¼ cup **Butter Flavor Crisco**
¼ filet of Boston Scrod, skinned
¼ tsp. salt
1 large egg
1 tbsp. water
Flour

Wash fish, dry, and dip in egg/water mixture (1 egg beaten with 1 tbsp. water), dip in flour. Add Butter Flavor Crisco to skillet, and bring to medium heat. Immediately add pieces of filet. Brown 6½ min., each side.

### PAN-FRIED CHICKEN

⅔ cup **Butter Flavor Crisco**
4 chicken breasts, boned
½ tsp. salt

Add Butter Flavor Crisco to skillet, and bring to medium heat. Immediately add 4 pieces of chicken. Cook for 30 min., turning every 5 min. until done. Drain on double thickness paper towel for 30 seconds.



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**WIN MONEY FOR YOUR RECIPES**
This Month's Winners, Pages 133, 134

# PRIZE TESTED RECIPES®

BETTER HOMES AND GARDENS TEST KITCHEN®

## THIS MONTH'S CATEGORIES

### Game Entrées
### Festive Pies and Tarts

**What secret recipe do you make to show off your prized game meat? When the occasion calls for a special pie or tart, what do you bake?**

Send us your recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Recipes will be featured next November. Winners receive a certificate and six copies of their recipe.

## HINTS TO HELP YOU

**Game Entrées:** Your recipe can use any type of wild or domesticated game meat—deer, rabbit, or squab, for example. What unusual sauce do you use to flavor the meat? **Hints: curried pheasant, fennel-buttered venison steaks.**

**Festive Pies and Tarts:** Unleash your creativity when it comes to developing a new pie or tart! Your dessert can be baked, refrigerated, or frozen. Do you give a traditional pie filling an innovative twist? **Hints: fruitcake crumble pie, no-bake rocky road tartlets, triple-nut tart.**

## WINNERS IN THIS ISSUE

**$100 Winners**

Ira J. Jacobson, Oakland, Calif.
Betsy Zeigler, Alexandria, Va.

**$50 Winners**

Gabriele Nysveen, Ladson, S.C.
Mrs. Dorothy Wonacott, Elk Rapids, Mich.

**Honor Roll Winners**

Julie Austin, Dearborn, Mich.; Kay Gilkey, Alameda, Calif.; Cheryl A. Hanley, Chico, Calif.; Erica Nellen, San Jose, Calif.; Hannelore B. Rader, Shaker Heights, Ohio; Mrs. Glenda Marie Stokes, Florence, S.C.

## CONTEST RULES

**1.** Clearly type or print your name, address, and recipe marked "November Game Entrées" or "November Festive Pies and Tarts." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, April 30, 1988. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8811 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation. BH&G






# What a Little Noodling can do for Your Salad.

*#2 in a series from La Choy®*

We could write pages of fabulous, simple ways to give your everyday salad an unexpected Oriental touch. If you haven't tried it before, let us assure you it's as simple as can be. Keep these three thoughts in mind and you can't lose.

*Keep it simple.* Don't overdo it. It can be as easy as substituting crunchy La Choy® Chow Mein Noodles for your usual croutons or adding a few dashes of La Choy Soy Sauce to your oil and vinegar.

*Keep your balance.* Balancing both textures and colors not only creates beautiful-looking salads but it will help bring out delicate tastes as well. In chicken salad, for example, La Choy Sliced Water Chestnuts offer an unexpected crispy complement to tender chicken.

*Be adventurous.* Try new ingredients and experiment with different combinations. Improvising is perhaps the oldest of Oriental culinary traditions.

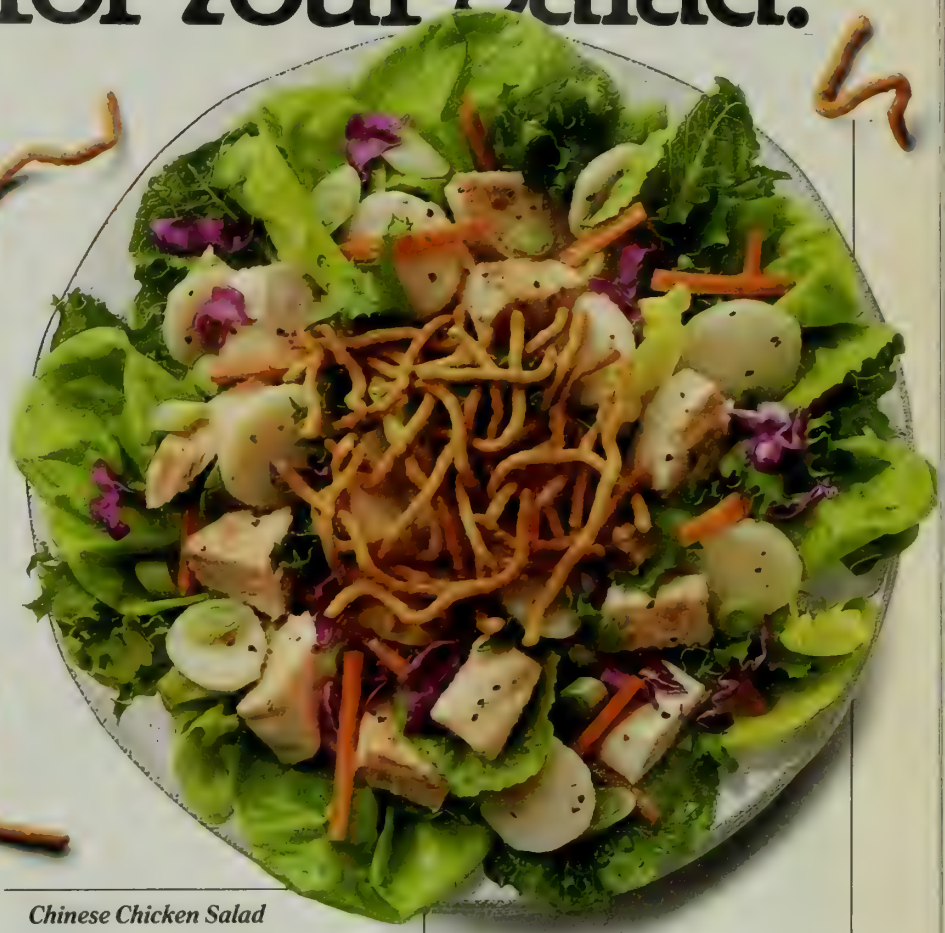
To help get you noodling, here's a simple recipe for one astounding Chinese Chicken Salad.







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***Chinese Chicken Salad***

*Dressing*
3½ Tbsp. La Choy Soy Sauce
2 Tbsp. *each:* vegetable oil and rice vinegar
1 Tbsp. sugar
½ tsp. *each:* garlic powder, pepper and sesame oil

*Salad*
3 cups torn lettuce
1½ cups chopped, cooked chicken
1 (8-oz.) can La Choy Sliced Water Chestnuts, drained
½ cup julienne carrots
¼ cup diagonally sliced green onions
¼ cup chopped red cabbage
1 (5-oz.) can La Choy Chow Mein Noodles

In small bowl, whisk together dressing ingredients; set aside. In large bowl, combine *remaining* salad ingredients *except* chow mein noodles. Just before serving, toss salad with dressing and top with chow mein noodles. Makes 4 to 6 servings.

*Variation.* Substitute La Choy Bamboo Shoots and frozen Pea Pods for water chestnuts and cabbage.

LA CHOY

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# STRAWBERRY TART

## RECIPE BY REQUEST



PERRY STRUSE

**Since 1973, when this fruit tart graced our cover, many of you have asked for the recipe.**

### GIANT STRAWBERRY TART

- 1 package piecrust mix (for 2-crust pie)

Cream Cheese Filling

- 2 cups halved strawberries
- 1 8-ounce can peach slices, drained
- 1 small banana
- 2 tablespoons sugar
- 1 tablespoon cornstarch
- ¼ teaspoon ground mace
- ⅔ cup orange juice
- ½ cup currant jelly

Prepare crust following package directions. On a floured surface roll pastry into a 13-inch circle; fit into a 12-inch pizza pan. Trim and flute edges; prick pastry. Bake in a 450° oven 12 to 14 minutes. Cool. Spoon filling onto pastry. Chill 20 minutes. Arrange fruit atop. In saucepan combine sugar, cornstarch, and mace. Stir in juice; add jelly. Cook and stir till bubbly. Cook 2 minutes more. Cool. Spoon over tart. Chill. Makes 10 servings.

***Cream Cheese Filling:*** In a small saucepan stir together 2 cups *milk* and one 3-ounce package *custard dessert mix*. Cook and stir till mixture comes to a full rolling boil; remove from heat. Stir in one 8-ounce package *cream cheese*, cubed, and ½ teaspoon *vanilla*. Using a rotary beater, beat smooth. Cool 10 minutes, stirring occasionally.

***Per serving:*** 424 cal., 5 g pro., 23 g fat, 32 mg chol., 381 mg sodium.


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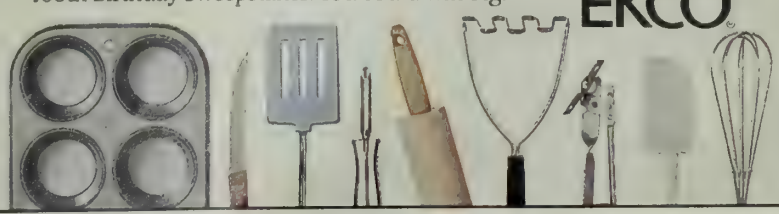
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### FINNISH SPRING BREAD

*Makes 2 loaves*

6 to 6½ cups all purpose flour
¾ cup sugar
½ teaspoon salt
1 teaspoon ground cardamom
1 tablespoon grated orange peel
1 teaspoon grated lemon peel
2 packages FLEISCHMANN'S Active Dry Yeast*
¾ cup milk
½ cup water
½ cup (1 stick) butter or margarine
2 eggs, at room temperature
½ cup chopped SUN GIANT Slivered Almonds
1 cup SUN GIANT Raisins

In large bowl thoroughly mix 1½ cups flour, sugar, salt, cardamom, orange peel, lemon peel and undissolved yeast.

Heat milk, water and butter in saucepan over low heat until very warm (120° to 130°F). Butter does not need to melt. Gradually add to dry ingredients and beat two minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and ½ cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in size, about 1 hour.

Punch dough down; turn out onto lightly floured surface. Knead in almonds and raisins. Divide dough in half; shape into 2 balls. Place in 2 greased 8-inch round cake pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake at 350°F for 35 to 40 minutes, or until done. Remove from pans and place on wire racks to cool. When cool, frost with confectioners' sugar frosting, if desired.

*To save up to 50% rising time, use FLEISCHMANN'S RapidRise Yeast. Follow QUICK MIX steps on package back.



*Polish Lemon Babka*



*Finnish Spring Bread*



*Czechoslovakian Hoska*







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# HAROSETH

## VERSATILE SWEET FRUIT SPREAD



SCOTT LITTLE

Serve haroseth, a fruit-nut spread, any time of day.

**Some Jewish-American families serve haroseth (huh-ROW-seth)—a jamlike combination of fruit, nuts, liquor, and spice—for breakfast, lunch, and snacks throughout the Passover season. The recipe varies from family to family but all versions are deliciously sweet.**

**Haroseth is usually served on matzo, an unleavened bread. Extend the Passover tradition in your home and serve delicious haroseth with muffins, bagels, toast, or crackers.**

### ORANGE-DATE HAROSETH

*Use your food processor or food grinder to chop up the fruit mixture—*

- ½ cup pitted dates
- ½ cup raisins
- ½ cup pecan pieces
- 1 medium orange, peeled, seeded, and sectioned
- ½ teaspoon ground cinnamon
- 2 tablespoons sweet red wine

In a food processor bowl or mixing bowl combine the dates, raisins, pecans, orange sections, and cinnamon. Cover; process till mixture is of a coarse consistency. (Or, grind using coarse blade of a food grinder.) Stir in wine. Serve chilled with matzo, muffins, bagels, toast, or crackers. Store in the refrigerator up to 2 weeks. Makes 1⅓ cups.

*continued on page 145.*

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MINUTE® Rice | UNCLE BEN'S® Rice In An Instant™

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*continued from page 143.*

***Nutrition information per 2 tablespoons for Orange-Date Haroseth:*** *96 cal., 1 g pro., 15 g carbo., 4 g fat, 0 mg chol., 1 mg sodium, 162 mg potassium, and 2 g dietary fiber.*

## THREE-FRUIT HAROSETH

*Pear, apple, and banana flavored with a bit of brandy—*

- **1 pear, cored and cut up**
- **1 apple, cored and cut up**
- **1 banana, sliced**
- **¼ cup chopped walnuts**
- **2 tablespoons orange marmalade**
- **¼ teaspoon ground cinnamon**
- **2 tablespoons brandy**
- **2 teaspoons lemon juice**

In a blender container or food processor bowl combine all ingredients. Cover and blend or process till well combined. Serve chilled with matzo, muffins, bagels, toast, or crackers. Cover and store in the refrigerator up to 2 weeks. Makes 1¾ cups.

***Nutrition information per 2 tablespoons:*** *46 cal., 0 g pro., 8 g carbo., 1 g fat, 0 mg chol., 1 mg sodium. 72 mg potassium, and 1 g dietary fiber.*

## DRIED FRUIT HAROSETH

*To toast almonds, place in a 350° oven for 10 minutes and stir occasionally—*

- **1 8-ounce package mixed dried fruit bits**
- **⅓ cup coconut**
- **½ teaspoon ground cinnamon**
- **½ cup sweet red wine**
- **½ cup water**
- **2 tablespoons sweet red wine**
- **⅓ cup slivered almonds, toasted**

In saucepan combine dried fruit bits, coconut, cinnamon, ½ cup red wine, and water. Bring to boiling; reduce heat. Cover and simmer about 25 minutes or till the dried fruit is tender and liquid is absorbed.

Place *half* the fruit mixture in a blender container or food processor bowl. Cover and blend or process till smooth. Stir into remaining fruit mixture along with the 2 tablespoons wine. Cover and store in the refrigerator up to two weeks. Before serving, stir in almonds. Serve with matzo, muffins, bagels, toast, or crackers. Makes 1⅓ cups.

***Nutrition information per 2 tablespoons:*** *107 cal., 1 g pro., 17 g carbo., 3 g fat, 0 mg chol., 6 mg sodium, 235 mg potassium, 3 g dietary fiber.* BH&G

IT'S NO MASTERPIECE WITHOUT THE FRENCH'S TOUCH.



French's Dijon. Turns fine food into fine cuisine.
Authentic Dijon recipe mastered by French's.
FRENCH'S.® THE MASTERS OF MUSTARDS.
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Pier 1 Is Making A Big Splash In The Bathroom.



In addition to the Victorian Bathroom Collection pictured, we have rugs, baskets, scented soap, porcelain soap dishes and tumblers. Enough things for the bathroom to fill an entire house.

Pier 1 imports
A Place To Discover.

# HEAD-START COOKING

## TASTY IDEAS FOR YESTERDAY'S LEFTOVERS

**Prepare a little extra for dinner tonight so you'll have the star ingredients for tomorrow night's dinner menu already on hand.**

### Plan ahead

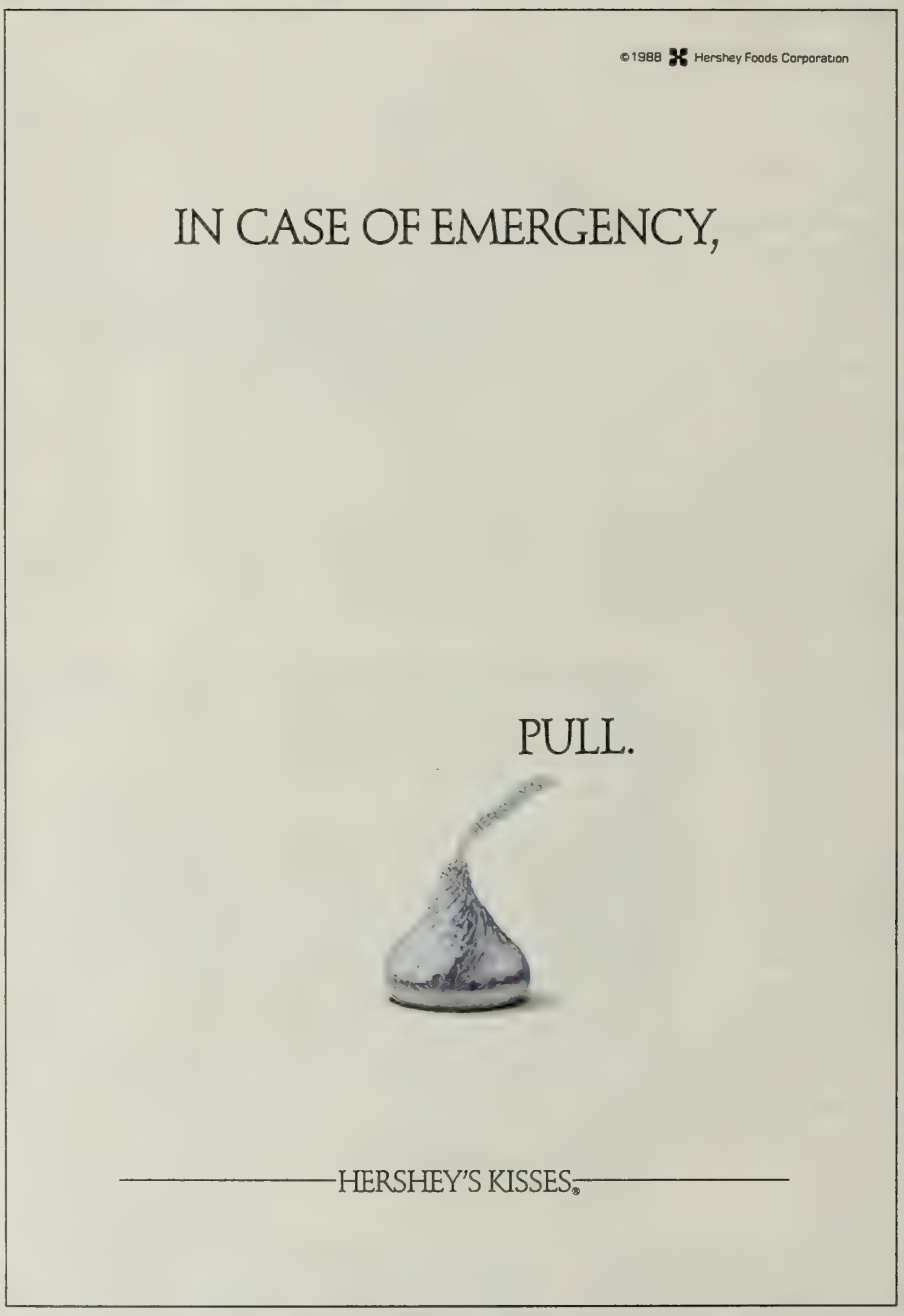
Store the leftover cooked foods, tightly covered, in the refrigerator for no more than a day or two before using.

### Use cooked pasta for—

- **Pasta salad:** Toss pasta with mixed vegetables (cooked or raw) and bottled Italian salad dressing. Chill a few hours to mix the flavors.
- **Omelets:** Stir noodles or spaghetti into 4 to 6 beaten eggs just before cooking. Gently fold omelet after cooking.
- **More ideas** (check your cookbooks for specific recipes): Macaroni and cheese, soups, or fettuccine Alfredo.

### Use dry bread to make—

- **Croutons:** Butter slices of bread, sprinkle with garlic salt, and cut into ½-inch cubes. Bake on an ungreased baking sheet in a 300° oven for 20 minutes or till bread cubes are crisp.
- **Soup topper:** Float toasted dry bread slices in soup; top with grated Parmesan cheese.
- **More ideas:** French toast, bread pudding, Monte Cristo sandwiches, poultry stuffing, classic cheese strata.



### Use cooked rice for—

- **Rice and beans:** Combine long grain rice with a can of spicy chili beans; heat through. Sprinkle each serving with shredded cheddar cheese.
- **Soup:** Stir wild rice or brown rice and leftover cooked or canned vegetables into chicken stock; heat through.
- **Breakfast:** Warm long grain rice and a little milk in the microwave oven or in a saucepan on top of the range; top with raisins and sprinkle with cinnamon-sugar. Serve immediately.
- **More ideas:** Fried rice, rice pudding, rice dumplings, or sushi.

### Use cooked vegetables for—

- **Stir-frying:** Toss leftover vegetables such as broccoli cuts, cauliflower, carrots, or peas into a stir-fry recipe and heat through.
- **Chili:** Stir corn, peas, hominy, or any type of beans into your favorite chili recipe just before serving.
- **More ideas:** Tabbouleh, frittatas, salads, and soups or stews.

### Use cooked meat for—

- **Stews:** Add cubed beef, chicken, pork, ham, or lamb to your recipe at the end of the cooking time. Then, just heat it through.
- **More ideas:** Beef stroganoff, turkey divan, mayonnaise-type salads for cold sandwiches, wild rice pilaf, or main dish casseroles.

### Use hard-cooked eggs for—

- **Eggs à la king:** Mix chopped eggs into a medium white sauce and serve over toasted English muffins.
- **Potato salad:** Stir chopped or sliced eggs into the salad before serving. Also use the eggs for a garnish.
- **More ideas:** Egg croquettes, fried rice, egg casseroles, deviled eggs.

# SEASONING SENSE

### Fresh gingerroot

● **What it is:** Gingerroot, the gnarled tuber of the ginger plant, has pale brown skin and cream-colored flesh. Its pungent bite and hot, spicy flavor mellow as it cooks.

● **What to look for:** The branched roots, known as hands, come in 4- to 6-inch lengths. Select moist, firm, unwithered pieces.

● **How to use it:** Slice, chop, or grate fresh gingerroot. Start by adding a teaspoon or two to beef, pork, poultry, or vegetable dishes.

To store, chill, tightly wrapped, up to several weeks. Or, in a jar, cover slices with dry sherry, wine, or oil. Cover; chill up to 3 months. (This flavors the liquid; cook with it as well.) You can also freeze small pieces.

### The life of spice

● **The sniff test:** Dried spices and herbs more than two years old usually lose zip. If you can't smell the contents of an open container well enough to identify them, replace them.

● **Storing seasonings:** Keep spices and herbs in **tightly sealed containers** in a **cool, dark, dry** place. Heat robs seasonings of flavor.




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50¢ OFF A 10 LB. OR LARGER BAG OF ROYAL OAK® CHARCOAL OR ROYAL OAK® WITH MESQUITE

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ROYAL OAK MESQUITE CHARCOAL BRIQUETS

Now there's another prime reason for buying quality Royal Oak Charcoal–big savings. Because we know cookout chefs everywhere love its premium flavor. Choose our traditional blend, a favorite for over 40 years. Or Royal Oak with Mesquite for a sweet, mellow flavor that's perfect for meat, chicken and especially fish. They're America's choice favorites.

# YOU CAN WIN MORE THAN $100,000 IN PRIZES

ANNOUNCING!

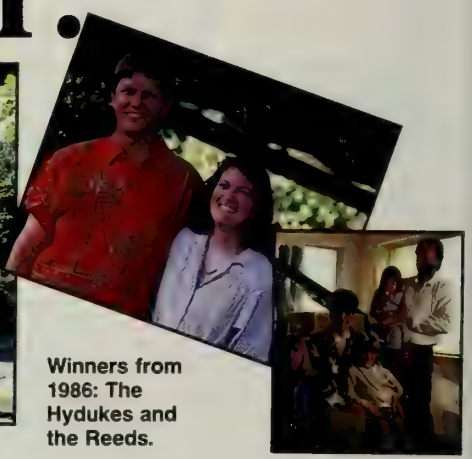
# THE 1988 BETTER HOMES AND GARDENS® HOME IMPROVEMENT CONTEST!

1988 HOME IMPROVEMENT CONTEST

● **If you're making your home bigger, better, or more beautiful, you could be a winner! We're searching America for the freshest, smartest ideas in home fix-ups. Whether your project is large or small, if it has pizzazz, this contest is for you!**



1986 winner in the exterior category.



Winners from 1986: The Hydukes and the Reeds.

## PICK YOUR CATEGORY!

You can win in any of seven categories! We'll give cash awards for large, medium, and small projects in each of the following categories:

- **EXTERIOR FIX-UPS**
- **OUTDOOR IMPROVEMENTS**
- **KITCHEN SHAPE-UPS**
- **BATHROOM REMODELINGS**
- **INTERIOR REDOS**
- **ADDITIONS**
- **WHOLE-HOUSE REDOS**

You might also win cash, products, or product purchase refunds from cosponsoring manufacturers whose products are incorporated into your project. (Examples: a kitchen revamp that includes new appliances or countertop surfacing, a family room add-on that includes new windows or vinyl flooring, or a whole-house redo that includes new carpeting or window blinds.) Plus, your entry may even be published in a future issue of *Better Homes and Gardens* magazine!

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any project completed in 1988 is eligible, no matter how big or small it is or when it was started. It's also eligible whether you did all the work yourself or called in the professionals to help develop the design or supervise or complete the project.

So get busy on that project you've been planning! You could be a winner!

## HOW TO ENTER

**1. RIGHT NOW:** Complete and mail the preliminary entry blank *opposite.* We'll send you complete details, along with our official entry form.

● **All preliminary entries must be postmarked by October 1, 1988.**

**2. WHEN YOUR PROJECT IS DONE:** Send us the final entry form. (Get a head start now by saving floor plans, *Before* and *After* photos, and receipts that could make *your* project a winner!)

● **Final entries must be postmarked by February 1, 1989.**

**3. AND THE WINNERS ARE:** We will notify all winners by mail and publish top entries. See *page 69* of our January 1988 issue for more 1986 winners.

# MANUFACTURERS' SPECIAL AWARDS: CASH, REFUNDS, PRODUCTS

**● Many of America's leading home improvement companies are cosponsoring our contest. The following manufacturers are offering special prizes in addition to a $500 cash award:**

**ARMSTRONG** will award cash to the three Best of Contest winners and all winners of kitchen, bathroom, interior, addition, and whole-house redo divisions if they've used Armstrong resilient flooring, ceilings, carpets, or Thomasville Furniture. The $10,000 winner earns $5,000 for each Armstrong product category used; $20,000 if all four are used. Both $4,000 winners earn $2,000 per category; $8,000 for all four. All $1,000 winners earn $500 per category; $2,000 for all four. The $500 winners earn $250 per category; $1,000 for four. The $250 winners earn $125 per category; $500 for four. All $100 winners earn $50 per category; $200 for four.

**THE ATRIUM DOOR & WINDOW CORPORATION** will refund the purchase price of one of The Atrium Doors and The Atrium Locks used by the winner of its $500 cash award.

**CONGOLEUM CORPORATION** will award $500 to each top winner in the kitchen, bath, addition, interiors, and whole-house redo categories who uses Congoleum vinyl floors. Congoleum will award $1,000 in each category if the winner uses Congoleum inlaid vinyl floors. Proof of purchase needed.

**DU PONT CORIAN®.** In addition to the $500 cash prize for the best use of CORIAN®, Du Pont will provide a $1,000 award for the most creative use of CORIAN® including Sierra Dusk and/or Sierra Midnight. To qualify, purchase must be made through an authorized CORIAN® Kitchen and Bath Dealer.

**ELJER PLUMBINGWARE** will refund the purchase price of Eljer fixtures and fittings (installation not included) used by a winning entry in the bathroom division. They will also refund the purchase price of an Eljer sink and fittings used by a winning entry in the kitchen division.

**FREDERICK RAMOND, INC.** will award an additional $500 retail FREDERICK RAMOND designer fixture for a foyer, dining room, or breakfast area for the best application of FREDERICK RAMOND lighting anywhere in the home.

**FRIGIDAIRE** will refund the purchase price of any Frigidaire appliance used by the winning entrant in the kitchen division.

**HUNTER CEILING FANS** will award $500 plus a ceiling fan to one winner using a Hunter Fan in a decorative or fashionable manner.

**KIRSCH** will award $500 worth of Kirsch merchandise to one interior redo division winner if that winner used a Kirsch window treatment. Proof of purchase must be submitted.

**KITCHENAID®** will refund the purchase price of either a top mount or side-by-side freestanding refrigerator used by one kitchen division winner.

**LA-Z-BOY CHAIR CO.** will reimburse the list price of any La-Z-Boy product used in a winning entry in the interior division.

**MERILLAT INDUSTRIES** will refund the purchase price of Merillat Cabinetry used by a winning entry in the kitchen division.

**MINWAX** will award one solid birch captain's chair, hand finished in Minwax color of winner's choice, for best use of Minwax product.

**STANLEY®** will refund the purchase price of a STANLEY Insulated Steel Entry Door System and a STANLEY Steel Garage Door System for the winner(s) in the exterior, addition, and/or whole-house redo divisions. Also, STANLEY Tools will give an assortment of carpenter and mechanical tools with a toolbox to the grand prize winner. STANLEY will refund the purchase price of the STANLEY Programmable Thermostat, if it is used by the whole-house redo division winner. STANLEY will refund the purchase price of the STANLEY Automatic Garage Door Opener, if it is used by the addition and/or whole-house redo division winner(s). STANLEY will also refund the purchase price of a STANLEY Home Control, if the Control is used by the whole-house redo division winner(s).

**TAPPAN** will refund the purchase price of any Tappan appliance used by the winning entrant in the kitchen division.

**TARKETT®, INC.** will award an additional $500 to the winners of its $500 Cosponsor awards in both the kitchen shape-up and the whole-house redo categories, if either Tarkett Lifetime Inlaid Flooring™ or Tarkett Lifetime Brite Inlaid Flooring™ is used in the winning entries.

**TIMBERLINE® Asphalt Roofing Shingles by GAF®** will award $500 for the best use of a Timberline® roof to improve the overall look of a home (such as reroofing or tying in an extension with an existing structure).

**TRU-TEST PAINT.** All division winners who use Tru-Test Paint (available only at True Value Hardware Stores and Home Centers) will be refunded the purchase price of the paint used in the project.

**WHIRLPOOL** offers one Whirlpool product of choice to both the kitchen division winner and the whole-house redo winner when the winner uses a Whirlpool product. Winners may choose one from the following list: a trash compactor, a microwave oven, or a Power Clean™ Energy-Saver dishwasher.

**WOOD-MODE.** The WOOD-MODE $500 cosponsor prize will be given to the best user of WOOD-MODE CABINETRY in the kitchen division, and a second $500 award will be given to the best user of WOOD-MODE CABINETRY in a room other than a kitchen.

## $500 CASH AWARDS

**Following is a list of Cosponsors providing $500 for best use of product:**

**Andersen Corporation**
**Armstrong World Industries, Inc.**
**The Atrium Door & Window Corporation**
**BRUCE HARDWOOD FLOORS**
**Casablanca Fan Company**
**Casablanca Lighting**
**Congoleum Corporation**
**Duette® Window Fashions by Hunter Douglas**
**Du Pont CORIAN®**
**Eljer Plumbingware**
**FREDERICK RAMOND, INC.**
**Frigidaire**
**General Electric Company**
**Heil-Quaker Corporation**
**Hunter Ceiling Fans**
**In-Sink-Erator**
**Kirsch**
**KitchenAid, Inc.**
**Kohler Company**
**Lane**
**La-Z-Boy Chair Co.**
**Marvin Windows**
**Merillat Industries, Inc.**
**Minwax Company, Inc.**
**Pella Windows and Doors/Rolscreen Company**
**PPG Industries, Glass Group**
**Pittsburgh Paints,** Division of PPG Industries
**RAINSOFT® Purifier™ Drinking Water Filter Research Products**
**STANLEY®** Tools, Hardware, Automatic Garage Door Openers, Insulated Steel Exterior Doors, Steel Garage Door Systems, Plumbing Products, Programmable Thermostats, Home Controls
**Tappan Company**
**Tarkett®, Inc.**
**Timberline® Asphalt Roofing Shingles by GAF®**
**True Value,** Tru-Test Paints
**VELUX-AMERICA INC.,** Roof Windows and Skylights
**LifeWood** brand treated lumber, Weyerhaeuser
**Weyerhaeuser Paneling**
**Whirlpool Corporation**
**WOOD-MODE CABINETRY**

## PRELIMINARY ENTRY BLANK

1988 HOME IMPROVEMENT CONTEST

Better Homes and Gardens

**SEND TO:**
**Better Homes and Gardens**
**Home Improvement Contest**
**P.O. Box 11418**
**Des Moines, IA 50336**

**Postmarked no later than October 1, 1988**

Name _____

Address _____

City _____ State _____ ZIP _____

**Be sure to check the box(es) that best describes the project(s) you plan to complete in 1988.**

☐ 1. Exterior Fix-Ups ☐ 2. Outdoor Improvements ☐ 3. Kitchen Shape-Ups
☐ 4. Bathroom Remodelings ☐ 5. Interior Redos ☐ 6. Additions ☐ 7. Whole-House Redos

**PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY**

Allow six weeks for delivery of final entry packet.

FAMILY FAST FAVORITES

# CHICKEN



SCOTT LITTLE

By
Barbara Johnson

## MEXICAN CHICKEN SKILLET

*There's plenty of time to toss together a green salad, cut up fresh fruit, slice a loaf of bakery-fresh bread, and pour glasses of milk while the chicken simmers for 35 minutes—*

**8 chicken drumsticks (about 1½ pounds total) *or* 4 chicken thighs (about 1 pound total)**
**2 tablespoons cooking oil**

• • •

**1 12-ounce jar chunky red salsa**

• • •

**½ cup shredded Monterey Jack cheese (2 ounces)**
**½ cup broken tortilla chips**

● **Rinse** the chicken drumsticks or thighs. Pat dry with paper towels.

● **In a 10-inch skillet cook** the chicken in hot cooking oil, uncovered, over medium-high heat for 10 to 15 minutes or till chicken is light brown, turning occasionally so chicken browns evenly. Drain off the fat.

● **Pour the salsa over the chicken** in the skillet. Reduce the heat; cover and simmer for 35 to 40 minutes or till chicken is tender enough to be easily pierced with a fork. Transfer the chicken and salsa sauce to a serving platter. Sprinkle with the cheese. Serve with the tortilla chips. Makes 4 servings.



**Kids will love the taste of this fun-to-eat meal.**

***Nutrition information per serving:*** *342 cal., 29 g pro., 12 g carbo., 18 g fat, 94 mg chol., 814 mg sodium, 426 mg potassium, 2 g dietary fiber. U.S. RDA: 10% vit. A, 18% riboflavin, 27% niacin, 15% calcium, 10% iron.*



**● Use tongs to turn the chicken pieces occasionally so the chicken browns evenly.**

PHOTOGRAPH: SUSAN SCHELLING. FOOD STYLIST: STEVIE BASS

# DINNERS

*Chicken has changed! Nowadays, it comes in a host of fast-to-fix forms. Buy drumsticks or marinated breasts. Cook them up in these two recipes.*

—Barbara Johnson



SCOTT LITTLE

## CHICKEN IN MUSHROOM CREAM SAUCE

*Look for marinated fresh chicken in your grocer's refrigerated meat case. Any of the several flavors available will work in this 15-minute recipe—*

**2 8- *or* 12-ounce packages lemon- and pepper-marinated chicken breasts (4 breast halves total)**
**¼ cup margarine *or* butter**

• • •

**2 cups packaged sliced fresh mushrooms**
**2 teaspoons fresh *or* frozen snipped chives**
**½ cup whipping cream**

● **In a large skillet cook** the chicken breasts in hot margarine or butter over medium heat for 8 to 10 minutes or till chicken is tender enough to be easily pierced with a fork and no pink remains, turning occasionally so chicken browns evenly.

● **Transfer chicken** to a serving platter, reserving the drippings in the skillet. Cover the chicken and keep warm.

● **Add the mushrooms and chives** to the reserved drippings in the skillet. Cook and stir for 1 to 2 minutes or till the mushrooms are tender. Stir in the whipping cream; boil gently for 3 minutes or till the sauce is slightly thickened, scraping up the browned bits on the bottom of the skillet. To serve, spoon the sauce over the chicken. Makes 4 servings.



**Cook this dish for your special someone.**

***Nutrition information per serving:*** *401 cal., 37 g pro., 3 g carbo., 27 g fat, 137 mg chol., 231 mg sodium, 450 mg potassium, and 1 g dietary fiber. U.S. RDA: 19% vit. A, 19% riboflavin, and 85% niacin.*



**● Add the cream to the skillet drippings, then cook and stir at a gentle boil till the sauce thickens.**

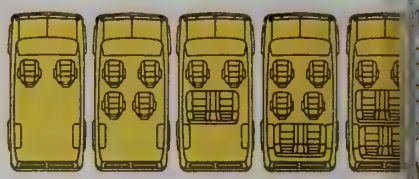
# YES, YO

## CHEVY ASTRO

The van that can lets you and your family do things that are a no-no in smaller, less powerful mini-vans.

**Yes, you can enjoy the biggest V6 in any van as standard.**
Astro Passenger Van's fuel-injected 4.3 Liter Vortec V6 is the biggest V6 you can get in any size van. With 150 horsepower, Vortec V6 is easily the most powerful engine in Astro's class. And it's standard.

**Yes, you can tow up to three tons.**
Rear-drive Astro has up to 6,000 lbs. of towing capacity available when properly equipped, including passengers, cargo and trailer. That's more than any Ford, Dodge or Plymouth mini-van.



**Yes, you can seat up to eight.**
Astro offers available seatin for up to eight on all trim levels. You can fold down c snap-release the middle an



ked Chevys ever. 6-year/60,000-mile power- y protection and 6 years or 100,000 miles of outer-body rust-through protection. Solid proof of the quality built into every new 1988 Chevy Astro

# U CAN.

vailable rear seat for many argo and seating arrange- nents. Or, you can take ommand with available high- ack captain's chairs in front nd amidship.

**Yes, you can have up o 151.8 cu. ft. of cargo oom.***

Astro is compact enough for family garage. Yet it lets ou pack a load that won't fit n Aerostar or even a Dodge Grand Caravan or Plymouth Grand Voyager.

**Yes, you can...yes, you can...yes, you can.**

Astro also lets you swing-out the rear doors. Load through a bigger side door opening than Ford, Dodge or Plymouth mini-vans. Tour with the largest optional fuel tank in a mini-van: 27 gallons.

So why buy a no-you-can't van? Think positively and test drive the liberating world of room, power and comfort in Chevy Astro. It really is the van that can.

Comparisons based on latest available data.
*With rear seats removed.



THE Heartbeat OF AMERICA TODAY'S CHEVY TRUCK




# BAKE SAIL

## WIN THE "M&M's"®/McCall's BAKING CONTEST AND GO CRUISING.

It's a contest that could be a real piece of cake to win.

Just dream up a recipe using mouth-watering "M&M's"® Chocolate Candies as its special ingredient. Once your idea is fully baked, send the recipe to: "M&M's"®/ McCall's Baking Contest, P.O. Box 1581, New York, NY 10163. We'll judge it on originality, lusciousness, looks, and ease of preparation. See page 187 for contest details.

If you win the Grand Prize, you'll say "bon voyage" to your kitchen. You and a companion will embark on a 10-day Sitmar Caribbean Cruise, courtesy of South Florida Cruises, Inc. We'll include round-trip air, transfers, and $500 in cash.

Also, 5 First Prize chefs will each win a Goldstar Microwave/Convection oven; 100 others will each win an 11-piece Corning Glass Works cookware set; and 150 winners will each receive a McCall's cookbook.

Entries must be received by May 20, 1988, so get everything you'll need. Flour, sugar, eggs, and a few bags of "M&M's"® Chocolate Candies. And don't forget the suntan lotion.

"M&M's"® is a registered trademark of Mars, Inc., for Chocolate Candies.
"M&M's" and "M" are registered trademarks of Mars, Inc. © Mars, Inc., 1987






# INTO THE OUTDOORS

## GET SET NOW FOR A SUMMER IN THE WILDS

Edited by Mark Ingebretsen

### A CHECKLIST FOR HIKERS

- Spare boot laces
- Pocketknife
- Matches (pack them in a waterproof box)
- Flashlight (extra batteries)
- Needle for splinters
- Moleskin, gauze pads, adhesive bandages
- Antibiotic ointment
- Diarrhea medication
- A loud whistle
- Compass and area topographic map
- Sunglasses
- Spare eyeglasses
- Snakebite kit (especially in the Southwest)
- Bells to hang on packs (in bear country)



GEORGE S. BUSH

**Experience the great outdoors this summer. Plan a family hike or backpacking trip in a nearby state or national park. Here's a step-by-step guide.**



GEORGE S. BUSH

**CLEAN WATER?** Boil drinking water to kill bacteria.

**To make that family trek safe and fun, get everyone in shape first, dress right, and know what hazards lurk in the wilds.**

### Shape up for backpacking

The best training for backpacking is walking—so you really feel it, not leisurely strolling. To work yourself up to a real backpacking trek, carry a full pack (equal to at least one-fifth of your body weight), even on neighborhood hikes. Start by carrying smaller amounts, gradually adding weight as muscles strengthen. If you live in the flatlands but plan to hike in mountain country, lug a full pack up and down stairs 50 or even 100 times, one or two times a week. Not an especially delightful way to spend the evening, but you can make a family competition out of it.

### Dress right for hiking

Outdoor clothing must be flexible enough to keep you cool, warm, and dry as conditions warrant—a tall order but not as complicated as it sounds.

The answer is to dress in layers: You need a basic layer that allows your body heat and moisture to dissipate, plus additional layers of clothing to put on as needed.

Because the innermost layer is the hardest to change en route, don't begin the walk, except under the most rigorous conditions, with long or—worse yet—thermal underwear. Stick to what you'd normally wear on a warm summer day; just be sure that the underwear is cotton or silk (which absorbs perspiration) rather than nylon (which doesn't).

Next, shorts or loose, light pants and a T-shirt. In good weather, even in high mountains, that's all you need for starters. For a short hike, tie a light sweater around your waist to avoid chilling on a rest stop, and stuff a thin water-repellent jacket in your pack.

*continued on page 156.*

## HOW TO CHOOSE A KNAPSACK

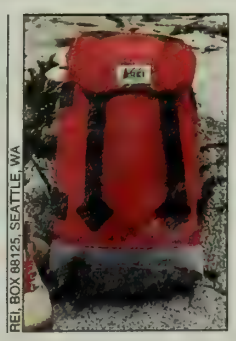
***For day hikes, weekend campouts, and wilderness adventures***



L.L. BEAN, INC.

**DAY PACKS**

Just right for short hikes, most day packs come with only two compartments. If you carry special gear (like cameras), you'll want extra outside pockets. Synthetic day packs are best for lightness and keeping things dry.



REI, BOX 88125, SEATTLE, WA

**RUCKSACKS**

Rucksacks hold enough gear for overnight outings. Built-in frames help you carry heavier loads. Reinforced bottoms make packing easier. A low center of gravity allows you to use rucksacks safely on cross-country skiing treks.



DAVE ROSENBERG/PEAK 1

**FRAME PACKS**

Roomy frame packs let you carry food and gear on weekend or longer treks. Points to check: rustproof hardware; synthetic multiple stitching; accessible outside pockets, and well-made straps, buckles, carrying straps.

*continued from page 155.*

On a daylong hike in shelterless terrain, add an extra shirt, spare socks, and an extra pair of pants to change into in the event you get drenched. At high elevations, it's advisable also to pack a heavy sweater, gloves, hat, and a down vest or parka.

For overnights in high country, you'll want to add an extra T-shirt, a second shirt, an emergency pair of long johns, and a spare pair of pants.

If you buy parkas, make sure they'll open in front, so they can provide ventilation. Sleeveless down vests are best all around, but you need something over them in rain. *One good choice:* a water-repellent shell jacket.

Ponchos and rain pants are recommended only on long trips in cold, wet country: They are too hot and bulky for routine use, but come in handy after you change clothes at the campsite.

## Hiking hazards

***Blisters***—Hikers call blisters "hot spots." The term describes how your foot will feel when one is forming. As soon as you detect a hot spot, stop. Take off your boot and socks, and cover the sensitive area with a layer of smoothly applied moleskin, which you can buy at the drugstore and should always carry on hikes. This will work pretty well if you catch the blister early enough.

But if the blister has already started to form, take two pieces of moleskin. In the first, cut a hole to frame the blister area. Then, paste the second piece over the doughnut. That way, there'll be less pressure on the spot and less chance for the blister to mature.



GEORGE S. BUSH

**Discoveries abound in the wilds. You can share them as a family.**

Carry antibiotic ointment and a padded adhesive bandage in case the blister bursts. Apply both; then turn back.

***Hypothermia***—Hypothermia sets in when your body temperature drops substantially below the normal 98.6 degrees. You start shivering uncontrollably, feel exhausted, and grow drowsy. Movements become uncoordinated, speech slurs, and skin takes on a bluish tinge. Soon, victims experience an overpowering numbness.

The most common causes of hypothermia are sudden chilling—such as when you take off layers of clothing after you are hot from skiing or hiking—insufficient clothing, and wet clothing when exposed to cold and wind.

Keep in mind that warm layers over the trunk of your body aren't enough under *severe* conditions. Loss of body heat is most rapid from your head and neck (keep them adequately covered) and from your limbs (wear long underwear, top and bottom). Most important, seek shelter the moment anyone in your party starts feeling really cold.

If hypothermia has started to set in, remove any wet clothing and wrap the victim in blankets, warm clothing, or a sleeping bag. In serious cases, share the swaddling with the victim to provide additional body heat. Warm food and liquids heavy on calories should be administered, provided the victim is conscious. Soaking in a hot bath also helps.

Medical help is vital for hypothermia, when a victim doesn't respond to first-aid measures.

***Contaminated water***—Just because a wild creek looks clean doesn't mean the water is safe to drink. In fact, it's precisely the remotest streams and lakes—especially in the Rockies, Sierra Nevada, and Cascades—that offer the greatest threat of *giardia*, a miserable, often highly debilitating intestinal illness caused by a microorganism that's spread by the feces of beavers and other wildlife. The situation—for once not caused by humans—has become so serious in recent years that it's smart to take precautions with all natural water, except that taken from springs directly at their source.

Boiling is the best protection. Keep the water bubbling at full force for at least one minute. At high elevations, where water boils at lower temperatures, boil for five minutes.


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# TOILET TRAINING, '80s STYLE

By John Rosemond

**Independence—not cleanliness—is the central issue in teaching a child to use the toilet. For the process to work, the child must have almost total control over it. Parents need do little more than arrange so that the child can use the toilet easily.**




Stand aside and your child will learn faster.

## Coach, not trainer

The term "toilet training" is part of the problem. A child will become toilet-independent more quickly if parents coach and support, but *not* train.

As a parent, I've tried it both ways. When Eric, our first, was 2, my wife and I put him in training pants, bought him a child-size potty, and hounded him with "Do you have to go to the potty?" and other equally ridiculous questions. The more we pushed, the less he cooperated. We took to making him sit on the toilet for long periods of time, while we read stories, sang songs, and otherwise acted like fools. When we'd finally let him up, his pants would be soaked within five minutes. After four months, we "won," but I cringe at the thought of the havoc we created.

When Amy, our second, was about 2, she showed signs of readiness. We put her in training pants, pointed to the potty, and said, "When you have to go poop or pee, sit on that, just like we do. Call if you need help." In two days, she was self-taught. Oh well, live and learn.

## The right time

No one age is best for learning. A child will show readiness in three ways:

- **Physical readiness** is the attainment of adequate bladder capacity and control. A physically ready child is able to stay dry for two or more hours during the day, wake up dry from naps, and may wake up dry in the morning.
- **Mental readiness** occurs when the child understands what toilets are for and is curious to learn more about them. Signs of mental readiness include wanting to watch people use the toilet (allow it), wanting to flush the toilet, and asking questions about it.
- **Emotional readiness** means that the child feels secure about using the toilet. These signs include asking to be changed when wet, pretending to use the toilet, and asking to use it.

The presence of all three readiness signals defines the most opportune time for learning toilet independence. This critical period usually emerges between ages two and three, give or take six months, and lasts for about three months. During this phase, the child is "primed" for learning toilet skills and needs only support and encouragement from parents to do so.

## The learning process

When the signs are all there, parents should make it convenient for the child to use the toilet and provide help when help is needed. At home, dress the child in training pants only, or even better, a nightgown or large, loose-fitting T-shirt with nothing on underneath. Put the potty near where the child plays during the day, even if that is in the kitchen.

Once the "props" are in place, say, "You have your own potty now. We want you to use it just like Mommy and Daddy use the big potty. Let us know if you want some help."

Parents should be available, but not hovering; helping, but not pushing. When the child has an accident, stay calm, reassuring, and supportive. Focus on success rather than failure, but keep praise low key.

## Day-care considerations

Talk to your child's day-care teacher as soon as training has begun. Explain your system, and ask that personnel at the center abide by your wishes. Keeping the child out of diapers and in training pants is very important. If your center insists on diapers during training, the child will take much longer to gain control. You may want to shop around for a center that will allow the child to wear training pants.

## Staying on track

A sudden regression in toileting skills is usually triggered by a major change in the child's life—a move, parents separating, the birth of a sibling, or starting day care. Sometimes the problem begins without obvious cause.

Neither reward nor punishment will help. But because it's the child's problem, he or she should solve it. Most 3-year-olds are able to clean soiled clothes in the toilet and then wash up.

When an accident occurs, calmly direct the child to the bathroom, with instructions to stay there until these chores are done. Within days or a few weeks, your patience and the fact that you've given the child responsibility for the problem should begin to pay off. BH&G



*John Rosemond is a family psychologist, a nationally syndicated columnist, and a regular contributor to* BH&G.




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STEP-BY-STEP

# ROLL-AROUND PLAY CENTER

## ORGANIZE A CHILD'S FUN AND GAMES

By James A. Hufnagel



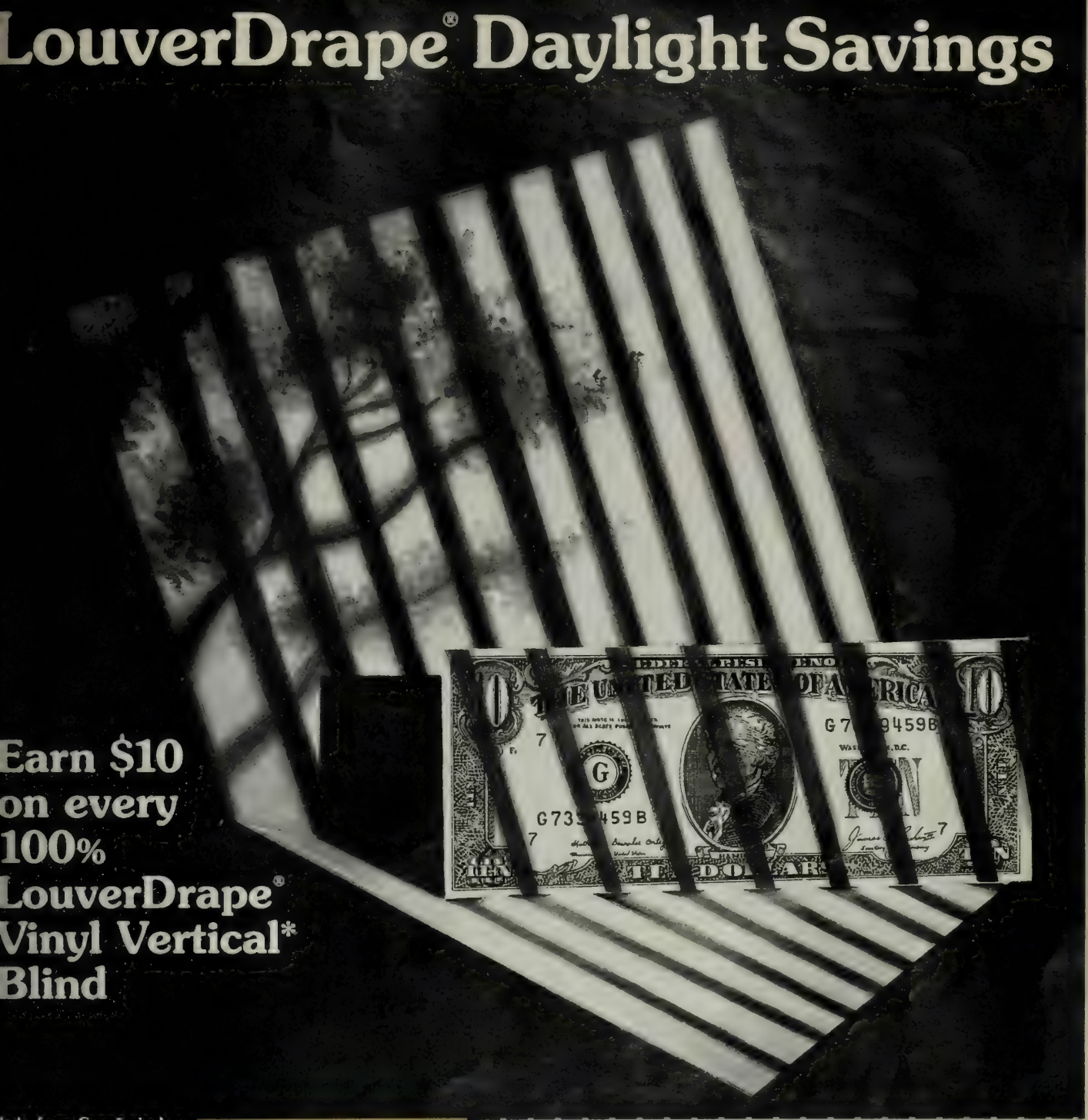
Closed, the cart is a colorful box. Its wheels roll on lazy Susan bearings.

PHOTOGRAPHS: GEORGE CEOLLA. DESIGN: JAMES R. DOWNING

**To keep a little body busy, stock this crafty pushcart with favorite games, puzzles, and coloring books. Open, it provides spread-out space for a child kneeling on the floor. A pullout plastic cutlery tray corrals crayons, paints, and markers. Build the cart over a weekend, plus a few evenings for painting the ice-cream motif. Cost: About $90.**

*continued on page 162.*

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lade from Geon® vinyl, a oduct of B.F. Goodrich Co.

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Please Print

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Phone No.(_____)_ _____ Dealer Name _____

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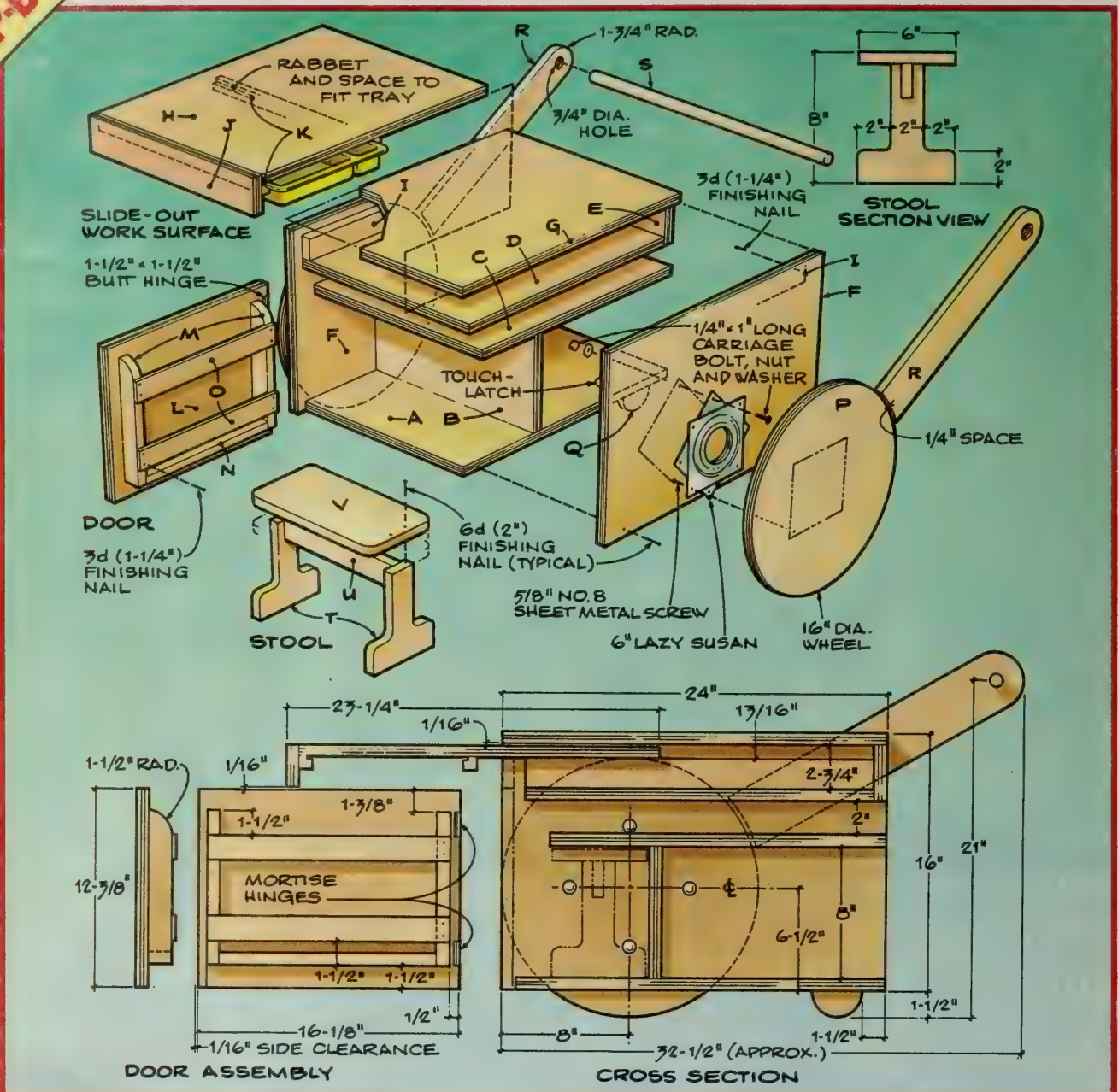
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All rebates are subject to the terms & conditions set forth in the offer. 5071556

STEP-BY-STEP

# ROLL-AROUND PLAY CENTER *continued from page 160.*




## MATERIALS LIST

| PART | NUMBER | DESCRIPTION | SIZE |
|---|---|---|---|
| A | 1 | PLYWOOD SHELF | ¾ x 16¼ x 23⅛" |
| B | 1 | PLYWOOD DIVIDER | ¾ x 16¼ x 8¼" |
| C | 1 | PLYWOOD SHELF | ¾ x 16¼ x 21" |
| D | 1 | PLYWOOD SHELF | ¾ x 16¼ x 21¾" |
| E | 1 | PLYWOOD BACK | ¾ x 16¼ x 3½" |
| F | 2 | PLYWOOD SIDES | ¾ x 15¼ x 24" |
| G | 1 | PLYWOOD TOP | ¾ x 17¾ x 24" |
| H | 1 | SLIDE-OUT TOP | ¾ x 16⅛ x 22½" |
| I | 2 | SLIDE-OUT SHELF GUIDES | 2⅛ x 21¾" pine |
| J | 1 | SLIDE-OUT FRONT | ¾ x 2¾ x 16⅛" |
| K | 2 | TRAY GLIDES | ¾ x ¾ x 14¼" pine |
| L | 1 | PLYWOOD DOOR | ¾ x 12⅛ x 16⅛" |
| M | 2 | FRAME SIDES | ¾ x 1½ x 10½" pine |
| N | 1 | FRAME BOTTOM | ¾ x 1½ x 13⅝" |
| O | 2 | BRACES | ¼ x 1½ x 14⅛" |
| P | 2 | WHEELS | ¾ x 16" dia. |
| Q | 2 | FEET | ¾ x 1½ x 3" |
| R | 2 | HANDLES | ¾ x 3½ x 19⅞" |
| S | 1 | PUSH BAR | ¾ x 19¼" dia. |
| T | 2 | STOOL LEGS | ¾ x 6 x 7¼" pine |

**MISCELLANEOUS:** TWO 6-INCH LAZY SUSAN BEARINGS; DOOR HINGES; MAGNETIC TOUCH LATCH; ⅝-INCH NO. 8 SHEET METAL SCREWS; ¼x1-INCH CARRIAGE BOLTS, NUTS, AND WASHERS; NO. 6 and NO. 4 FINISH NAILS; NO. 6 x 1¼-INCH WOOD SCREWS; CUTLERY TRAY (MAX KLIEN C-65); PREMIXED SPACKLING COMPOUND; PRIMER; AND PAINT.

**Buying information, page 176.**
**To order project plan 50739, see page 187.**

*continued on page 164.*

# FORMBY'S Workshop



**"My desk was only a step away from the Salvation Army."**

That's Dave Bostic, Purchasing Agent, talking about the piece he refinished with Formby's® Conditioning Furniture Refinisher. This recent discovery from the Formby's Workshop contains special wood conditioners that penetrate to help prevent drying and cracking. So, you dissolve the built-up varnish, lacquer and shellac to reveal the glory of the wood's original patina—while conditioning your wood as well.









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**"I gave my drop-leaf table the look of fine old English furniture, with polyurethane protection."**

Heidi Kruger, Textile Designer, just loves to tell people that her table was finished with polyurethane. "They don't believe it," says Heidi, "because they expect that artificial look."

Formby's hand-rubbed Poly Finish, however, will have none of that artificial plastic gloss. Because it's rubbed in, not brushed on, Formby's penetrates deep into the wood to give polyurethane protection with hand-rubbed richness and beauty.



**"This chair went from a garage to my living room."**

When Bob Sikora, a busy mechanic, found this striking oak chair, it was submerged under loads of old paint, but he spotted the potential.

"Formby's Paint Remover removed layers of old paint, without hurting the wood," reports Bob.




Indeed, one of our proudest achievements is our Paint Remover that's tough when it has to be (on paint), and gentle when it has to be (on your wood).

If you'd like information on anything you've read, or if you'd like some advice on a project you're considering, drop us a line at the Formby's Workshop, Olive Branch, Mississippi. We want you to know that you can always turn to the Formby's Workshop—where we always help things turn out right.

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STEP-BY-STEP

# ROLL-AROUND PLAY CENTER *continued from page 162.*



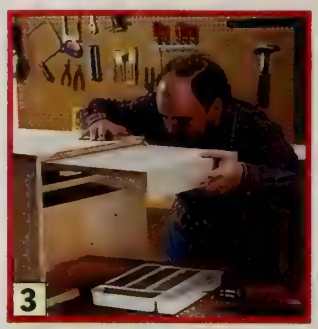
## ASSEMBLE THE CARCASS

From a sheet of ¾-inch birch plywood cut pieces to the dimensions given in our materials list (*page 162*) and assemble with No. 4 finish nails and glue, as shown here and in the exploded view. Sand to round off edges.



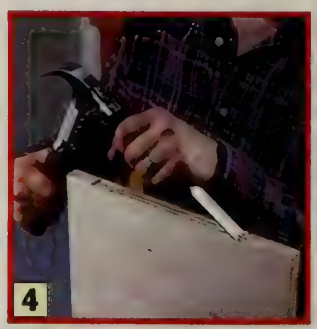
## INSTALL THE TRAY GLIDES

Like a drawer within a drawer, the tray pulls out of the slide-out work surface. Make glides by rabbeting ¾-inch-square pine. Space the glides to fit the tray and secure them with wood screws.



## TEST-FIT THE WORK SURFACE

Now slip the work surface into the carcass. With 1/16-inch clearance on all sides it should slide in and out easily. Also check to see if the tray fits smoothly. If either binds, adjust by sanding.



## HANG THE DOOR

With a chisel, mortise the door for 1½×1½-inch butt hinges. Screw the hinges to the door, but not to the carcass. Check the door for fit, again allowing about 1/16-inch clearance around its entire perimeter.



## ATTACH THE DOOR RACK

For the rack on the inside of the door, radius 1×2s; glue and nail them into a three-sided frame with strips of lath across it. Glue and nail the rack to the door, leaving ¾-inch clearance at one side for the touch latch.



## CUT THE WHEELS

Mark plywood squares with intersecting diagonals to locate the centers for 16-inch-diameter circles. Cut just outside the line. After you mount the wheels, hold a sanding block against them and spin to round them down.



## MOUNT THE WHEELS

The diagonals also help locate the lazy Susan bearing units. Insert carriage bolts in the units and screw them to the wheels. Then drill holes in the carcass, slip the bolts into them, and secure with washers and nuts.



## NOW FOR THE REAR SUPPORT FEET

To make the feet, cut two 3×1½-inch semicircles from ¾-inch pine. Glue and nail these to the bottom, locating them 1½ inches from the rear of the carcass. Countersink the nails.



## CUT THE HANDLES

Here's another chance to practice your jigsawing skills. Cut arcs at each end of 3-inch-wide ¾-inch pine. As with other curves, cut just outside the line and sand down to it. At the ends, use a spade bit to drill ¾-inch holes for the push bar.



## ATTACH THE HANDLES

Allow ¼-inch clearance between the wheels and handles and secure each handle with wood screws. Then insert a ¾-inch dowel into holes at the ends of the handles. Fasten it by driving a nail into the dowel through the bottom edge of each handle.



## MAKE THE STOOL

The stool consists of two legs, a stretcher, and a seat. For safety's sake, carefully round off all corners and edges, then assemble with glue and nails as shown here. Fill all nail holes and plywood edges with premixed spackling compound.



## APPLY THE FINISH

Expect to spend several evenings on the three-tone Neapolitan paint job. First prime the unit inside and out. After the primer dries, sand lightly, mask off the first segment, and paint. Mask again for the chocolate and vanilla segments. BH&G



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PHOTOGRAPHS: PERRY STRUSE

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62. **Vacation in Ottawa**—Canada's Capital Region. Free color brochures 1-800-267-0450.
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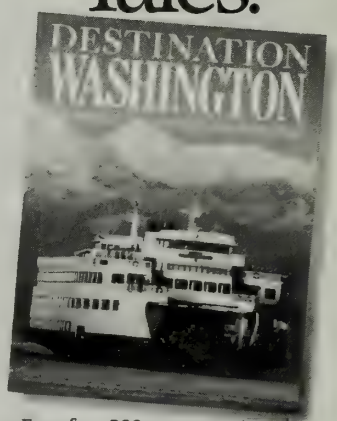
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VACATION INFORMATION, IDEAS, TRIPS AND PLACES TO STAY

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# L.A.'S HIDDEN ATTRACTIONS

*This article continues the Los Angeles family vacation feature that begins on page 178.*

**To really see Los Angeles, get off the beaten paths and visit spots where local families go.**

### •COMEDY STORE

Many of the comedians who appear on TV work the Main Room at the Comedy Store, while rising stars debut in the club's Original Room—the best place in L.A. to go for a laugh ***(8433 Sunset Blvd., 213/656-6225).***

### •GRIFFITH PARK

The nation's largest municipal park (4,000 acres) makes for a fun day's outing. Most families start their tour at the bulging dome of the observatory, which is part of a complex that houses a planetarium and a science museum dedicated to astronomy and the physical sciences. The nearby zoo is one of the finest anywhere. Don't miss the Animal Nursery, where new arrivals get special care. Griffith Park also holds many surprises, such as Travel Town, an open-air transporation museum; a bird sanctuary; and an antique merry-go-round. The park's mountainous western section contains 53 miles of hiking paths. You'll even find park rangers who conduct guided outings.

### •J. PAUL GETTY MUSEUM

Oil baron J. Paul Getty decided that his collection of Roman and Greek antiquities needed a fitting home, so he commissioned a spectacular reconstruction of a Roman villa. Overlooking the Pacific, the J. Paul Getty Museum is a fantasy of colonnaded walkways, formal gardens, pools, frescoes, and mosaics. In fact, the museum and its grounds tend to overshadow the collection, which really is excellent and merits a long look. Admission is free, but reservations must be made for limited parking spaces ***(213/459-7611).***

### •FOREST LAWN

The earthly remains of Clark Gable, W. C. Fields, Jean Harlow, and other Hollywood legends reside in this famous Glendale cemetery. Gravesites prove that even in death the rich and famous refuse to surrender their glamour. Three elaborate churches are worth a visit. The memorial Court of Honor contains a remarkable stained-glass vision of The Last Supper and reproductions of famous religious artworks. A museum holds ancient coins mentioned in the Bible.

### •GARMENT DISTRICT

Shop here for bargains on name-brand clothing. Tucked beside downtown garment factories and warehouses are dozens of retail outlets, ranging from the pleasant shops clustered in the Cooper Building to plain stalls in alleys.

### •FARMER'S MARKET

This downtown spot will entertain the whole family. Browse among stalls selling trained parrots, moccasins, fine linens, and lots of other goods that didn't grow on any farm. Food still lies at the heart of the market, however. You'll find bins brimming with model California produce, unusual cheeses, rare spices, exotic teas and coffees, and fruits you've never imagined.

### •CATALINA ISLAND

Located 27 miles out in the Pacific, Catalina offers the serenity of unspoiled mountains and secluded coves. Hikers and campers might spot deer, goats, and some bison whose ancestors were left decades ago by a movie crew. The main town of Avalon holds hotels, restaurants, and shops. Sight-seeing boats take you to seal colonies and undersea gardens. **Information:** ***Catalina Chamber of Commerce, Box 217, Dept. BHG, Avalon, CA 90704 (213/510-1520).***

### •INFORMATION

***The Greater Los Angeles Visitor and Convention Bureau, 515 S. Figueroa St., Dept. BHG, Los Angeles, CA 90071 (213/624-7300).***

## TRAVEL PLANNING

**See page J1 for a listing of free travel information and literature you can order.**

# TRAVEL DIRECTORY

VACATION INFORMATION, IDEAS, TRIPS AND PLACES TO STAY

**IDAHO**



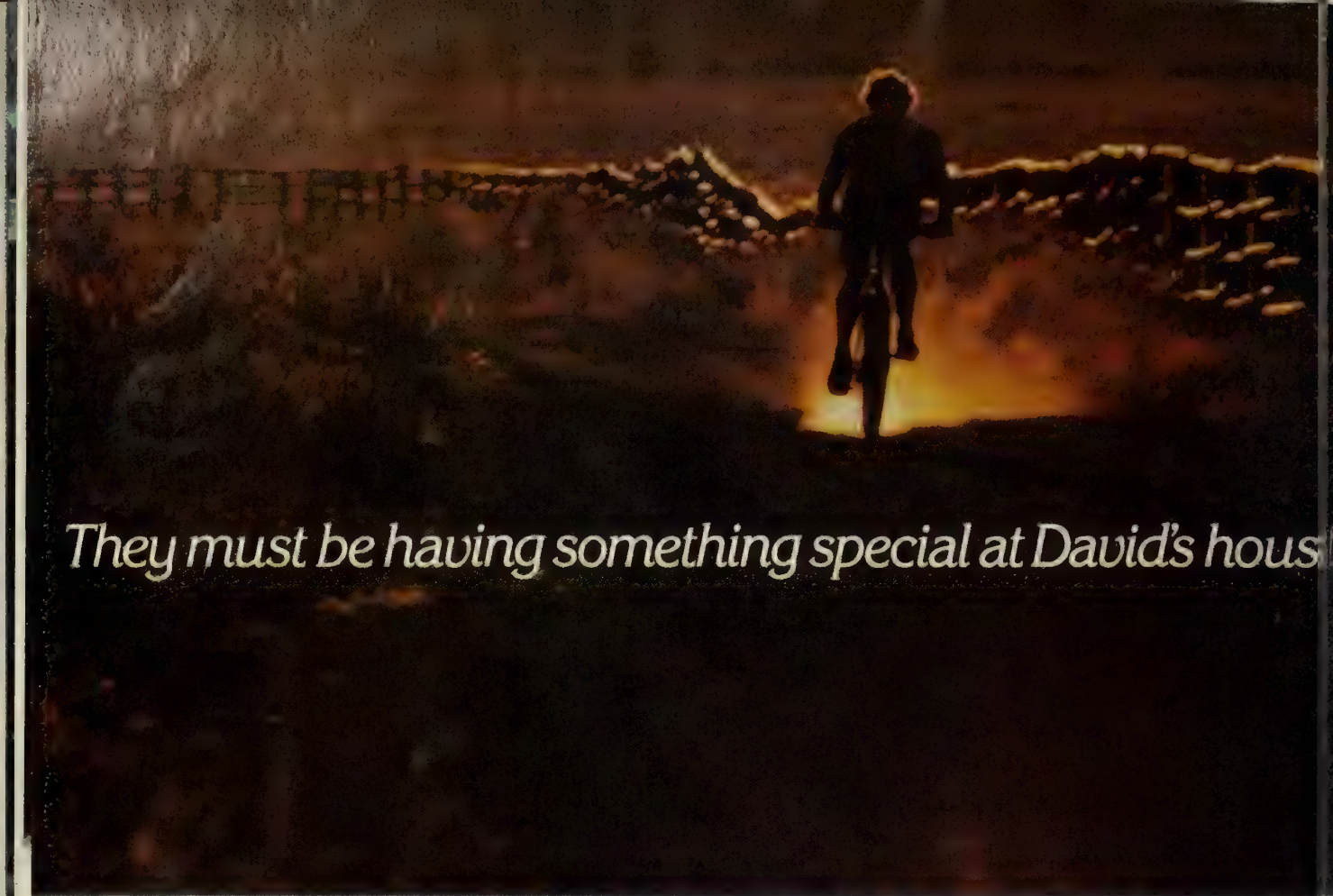

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The TRAVEL PLANNING GUIDE in this issue will help you with your vacation plans.




FOOD

# PASS THE POLENTA

## NEW PROSPECTS FOR AN OLD CLASSIC

**Polenta is a traditional Italian dish that's simply a combination of cornmeal and water. Enjoy this old favorite in two new ways.**

### PARMESAN POLENTA NUGGETS

- ¾ cup yellow cornmeal
- ½ cup grated Parmesean cheese
- 2 tablespoons snipped parsley
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- 1 slightly beaten egg
- 1 tablespoon margarine *or* butter, melted
- 1 15½-ounce jar chunk-style spaghetti sauce
- 2 tablespoons dry red wine

Grated Parmesan cheese
Snipped parsley



**PARMESAN POLENTA NUGGETS:** As Italian as spaghetti and meatballs!

In a medium saucepan bring 1¼ cups *water* to boiling. Combine 1 cup *water* and first five ingredients; slowly pour mixture into boiling water. Cook and stir till thick and bubbly. Cook over low heat 5 minutes more, stirring the mixture frequently. Stir *¼ cup* of the polenta mixture into egg. Return to saucepan; stir to combine. Pour into a greased 13x9x2- or 12x7½x2-inch pan. Cover and chill 1 hour or till firm.

Cut polenta into 24 equal portions. Shape portions into balls; return to pan. Drizzle with margarine. Bake at 425° for 20 minutes till heated through.

Heat spaghetti sauce with wine.

To serve, ladle sauce onto a plate. Place polenta nuggets atop. Sprinkle with cheese and parsley. Makes 6 appetizer or 4 main-dish servings.

***Nutrition information per main-dish serving:*** *287 cal., 12 g pro., 33 g carbo., 11 g fat, 79 mg chol., 1,297 mg sodium, 113 mg potassium, and 3 g dietary fiber. U.S. RDA: 10% vit. A, 24% calcium, and 11% iron.*

onight.

Festa Spaghettini.
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The secret? S&W's Ready-Cut Peeled Tomatoes. Recipe-ready chunks of juicy, garden ripe tomatoes. Just simmer one can for five minutes with chopped green pepper, sliced mushrooms and cooked, sliced spicy Italian sausage. Toss with cooked spaghettini, Parmesan and Romano cheeses.
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Write for our free Tomatoes Recipe Book. S&W Fine Foods, P.O. Box 5580, San Mateo, CA 94402.

S&W

## POLENTA PEPPER TORTE

**2½ cups water**
**1 cup yellow cornmeal**
**¾ pound bulk Italian sausage**
**1 green pepper, finely chopped (½ cup)**
**1 small carrot, finely shredded (⅓ cup)**
**1 small onion, finely chopped (¼ cup)**
**⅓ cup tomato paste**
**½ cup grated Romano cheese**
**Green pepper rings, thinly sliced**
**2 ounces shredded provolone cheese (½ cup)**

In a 2-quart saucepan bring *1½ cups* water to boiling. Meanwhile, combine remaining *1 cup* water, cornmeal, and ½ teaspoon *salt*. Slowly pour cornmeal mixture into boiling water, stirring constantly. Using a wooden spoon, cook and stir till thick and bubbly. Cook over low heat 5 minutes more or till very thick, stirring frequently.

Spoon *half* of the polenta mixture into a greased 8-inch springform pan; cover the surface of the polenta with waxed paper. Using your fingers, press the waxed paper in order to pat the polenta into an even layer on the bottom of the pan. Repeat with remaining polenta in the bottom of an 8-inch round cake pan that has been lined with waxed paper. Set the cake pan aside. Place the springform pan on a baking sheet. Bake, uncovered, in a 350° oven for 10 minutes.



PHOTOGRAPHS: SCOTT LITTLE

**POLENTA PEPPER TORTE:** An elegant dish your family will love!

Meanwhile, cook finely crumbled sausage, chopped green pepper, carrot, and onion till sausage is brown and vegetables are tender. Drain well. Stir in tomato paste and Romano cheese.

Spoon the sausage mixture evenly over the baked polenta. Carefully invert the unbaked polenta layer on top. (Torte may be refrigerated at this point up to 24 hours and baked later.)

To serve, bake, uncovered, on a baking sheet, in a 350° oven for 20 minutes. Top with green pepper slices and provolone cheese; bake 5 to 10 minutes more or till cheese is melted and torte is hot. Remove from oven; let stand 5 minutes. Run a thin spatula around the outer rim of springform pan to loosen edge. Remove pan side. Slice torte into wedges. Makes 6 main-dish servings.

***Nutrition information per serving:*** *249 cal., 13 g pro., 21 g carbo., 13 g fat, 36 mg chol., 725 mg sodium, 372 mg potassium, 2 g dietary fiber. U.S. RDA: 53% vit. A, 49% vit. C, 19% thiamine, 10% riboflavin, 11% niacin, 18% calcium.*

# MICRO-COOKING VEGETABLES

Ever since microwave ovens first appeared in home kitchens, cooks have touted the benefits of micro-cooking vegetables. And for good reason: the vegetables retain their fresh color, flavor, and texture. Because most vegetables are naturally moist, they require little water to micro-cook, helping you conserve vitamins and minerals.

This chart is designed to help you micro-cook vegetables in ovens that operate on 600 to 700 watts. Micro-cook on 100% power (high) as indicated, testing for doneness after the shorter cooking time. Continue micro-cooking if necessary, then allow the food to stand about 3 minutes. The vegetables continue to cook without overcooking.

| Vegetable | Method | Time |
|---|---|---|
| Asparagus, fresh, 8 ounces | Wash; remove tough ends. Leave spears whole. Cook, covered, in a 10x6x2-inch dish with 2 tablespoons water; turn dish once. | 4 to 6 minutes |
| frozen, 10 ounces | Cook frozen asparagus, covered, in 1-quart casserole; stir once. | 5 to 7 minutes |
| Broccoli, fresh, 1 pound | Cut off tough parts of broccoli stalks using a sharp knife; split the stalks almost to buds. Cook, covered, in a 10x6x2-inch dish with 2 tablespoons water; turn the dish once. | 7 to 9 minutes |
| frozen, 10 ounces | Cook spears, covered, in a 1-quart casserole; stir broccoli once. | 6 to 8 minutes |
| Carrots, fresh, 1 pound | Slice ½ inch thick. Cook, covered, in 1½-quart casserole with 2 tablespoons water; stir carrots once. | 7 to 9 minutes |
| frozen, 10 ounces | Cook, covered, in 1-quart casserole with 2 tablespoons water; stir once. | 6 to 8 minutes |
| Cauliflower, fresh, 8 ounces | Cut into flowerets (about 3 cups). Cook, covered, in 1½-quart casserole with 2 tablespoons water. | 4 to 6 minutes |
| frozen, 10 ounces | Cook, covered, in 1-quart casserole; stir once. | 7 to 9 minutes |
| Corn, fresh, 4 ears (7 ounces each) | Remove corn husks; scrub with a stiff brush to remove silks. Rinse ears. Cook, covered, in a 10x6x2-inch dish. | 9 to 11 minutes |
| frozen, cut, 10 ounces | Cook, covered, in 1-quart casserole; stir once. | 6 to 9 minutes |
| Green beans, fresh, 1 pound | Leave whole or cut into 1½-inch pieces. Cook, covered, in 1½-quart casserole with ⅓ cup water; stir once. | 16 to 19 minutes |
| frozen, 9 ounces | Cook, covered, in 1-quart casserole; stir once. | 9 to 11 minutes |
| Peas, fresh, shelled, 2 cups | Cook, covered, in 1-quart casserole with 2 tablespoons water; stir once. | 6 to 8 minutes |
| frozen, 10 ounces | Cook, covered, in 1-quart casserole with 2 tablespoons water; stir once. | 5 to 7 minutes |
| Spinach, fresh, cleaned, 1 pound | Trim leaves. Cook in 3-quart casserole; stir spinach once. | 7 to 9 minutes |
| frozen, 10 ounces | Cook, covered, in 1-quart casserole; stir once. | 5 to 7 minutes |




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## Wisconsin.

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# SLAM THE DOOR ON SWINDLERS

## SOME DEALS ARE TOO GOOD TO BE TRUE

**Most remodeling contractors are scrupulous. But beware of the few who will try to con you out of your hard-earned savings. Here are three of the most common scams to watch out for:**

### THE SCAMS

**Dissolving driveway**

- **The ruse:** A worker comes to your door and explains that with some blacktop left over from another job, your driveway can be paved at a rock-bottom price.
- **The reality:** The material is low-quality asphalt or even black paint that vanishes with the next rain.

**Roofing rip-off**

- **The ruse:** A roofing contractor offers to waterproof your roof with a special clear sealant.
- **The reality:** At best, you'll get an application of a worthless, wash-away coating. At worst, you'll be shown phony evidence of roof damage and charged for unnecessary repairs.

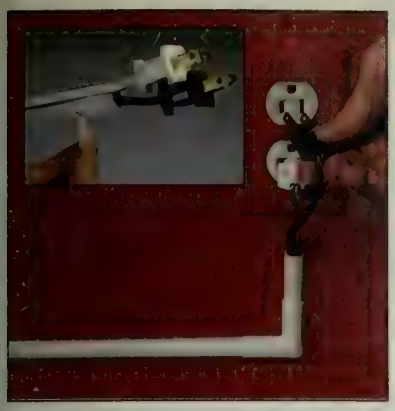
**Disappearing deposit**

- **The ruse:** A contractor offers a bargain on building a new deck, installing a skylight, or making other home improvements. You must pay half the fee up front.
- **The reality:** After making your first payment, you never see the contractor—or your money—again.

### HOW TO SPOT A SWINDLER

Scams may differ, but the tip-offs are usually the same. Be wary of door-to-door solicitations, high-pressure sales pitches, and offers that expire today. If the contractor doesn't want you to check references, say, "No thanks."

If you've been swindled, don't feel ashamed—you have lots of company. Report the incident to your local Better Business Bureau or the state attorney general's office. BH&G



**CORD-CLUTTER CLEANUP**
***Peel-and-stick cord organizer***

Wrap up that messy tangle of wires with the Cordmate. This plastic strip holds cords together and attaches to the wall with an adhesive backing. Comes in 5-foot lengths and includes snap-together couplings with corner and angle connectors. The strips can be cut to length with a knife and painted.

Cordmate, about 19 cents per foot. The Wiremold Co., 60 Woodlawn St., West Hartford, CT 06110.



**TANGLE-FREE TOOL**
***Cordless help for hundreds of tasks***

Charge up the cordless Dremel Free Wheeler and take it to the task. This two-speed tool can cut, sand, grind, sharpen, deburr, polish or do numerous other chores depending on the accessories used. Can be purchased separately or as a kit with 35 accessories.

Dremel Free Wheeler, about $80 (with accessories) or $60 (without), Dremel, 4915 21st St., Racine, WI 53406.

**•ABOUT THESE PRODUCTS•**

Check your favorite stores for these new and helpful products, or write to the manufacturer for a list of retail sources near you. Please don't send a check or request an order form from the company. The suggested retail prices listed may vary.





Your veterinarian has a new way to prevent heartworm disease. It's HEARTGARD-30,® the first heartworm tablet you give just once a month.

HEARTGARD-30 ends the need to medicate your dog every day.

Free yourself from dosing your dog daily for heartworms.

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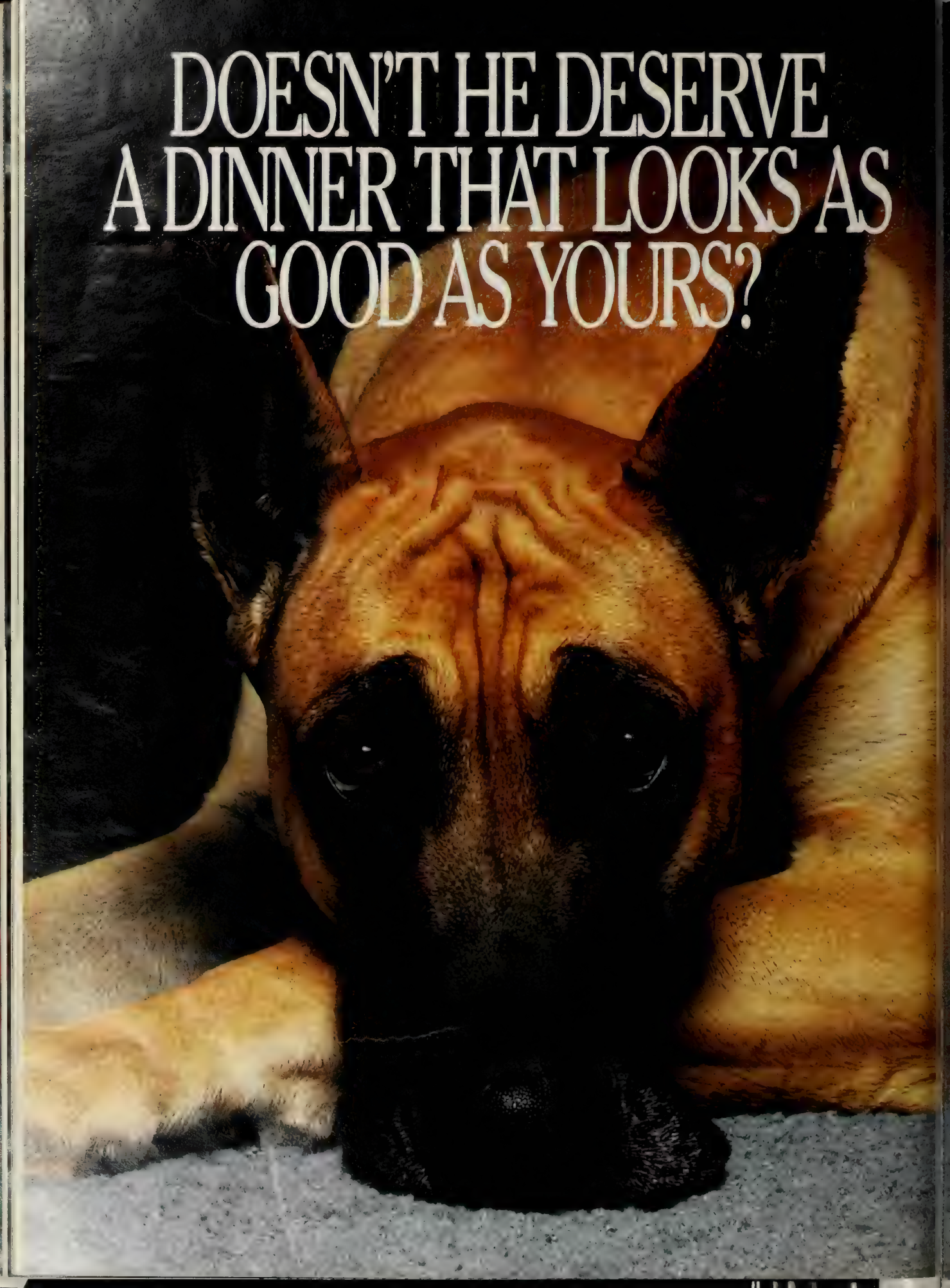
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He's put up with your moods for years.

When you came down with the flu, he wouldn't leave your side.

And when you gained those five pounds over the holidays, he didn't love you even a little bit less.



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Grand Gourmet has tender beefy strips in a rich savory sauce. And it's 100% nutritionally complete. One look will tell you it's no ordinary dog food.

But then your dog is no ordinary dog.



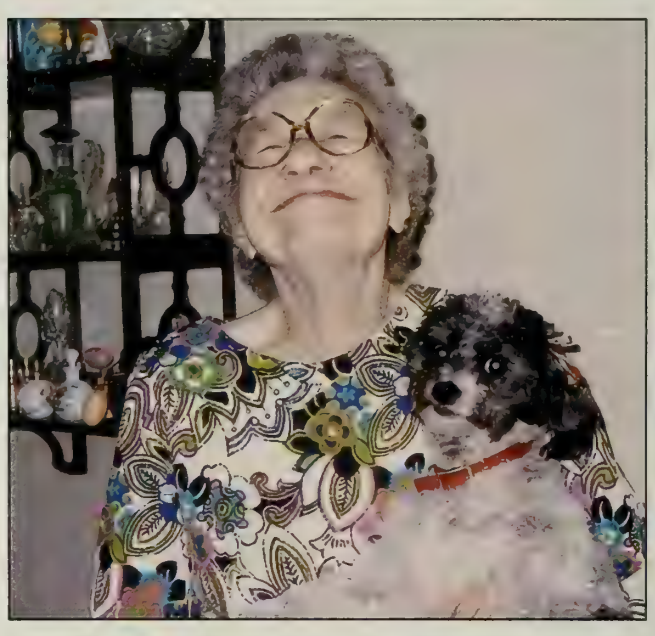

People food for dogs.

# PETS AND THE ELDERLY

## NEW FINDINGS, NEW PROGRAMS, AGE-OLD BENEFITS

By Julie Rovner

**Furred, finned, and feathered companions can help the elderly live longer, happier lives. In fact, researchers now know that owning a pet will lower people's blood pressure, even make them recover faster from heart attacks and other serious illnesses. You can be a real friend to seniors you know by helping them choose the right pet.**



**Why not help an older American you know experience the special joys and companionship a loving pet provides. We'll show you how.**

### Get help free

A new program makes it especially easy for folks over 60 to adopt a dog or cat through local Humane Society animal shelters (listed in the phone book). Launched by pet-products manufacturer Ralston Purina, the Pets for People program lets the elderly adopt a dog or cat *at no cost.* Adoption fees, inoculations, and the veterinary costs of spaying or neutering are paid for through the company. When old folks take home a new furry companion, the company provides a leash and collar, food and water bowls, and a starter supply of dog or cat meal.



**Pandi, the Siamese cat, comforted Rafaele Rivieccio after a long illness.**

Visiting the animal shelter with an elderly friend makes a rewarding outing. The friendly staff—all animal lovers, many of whom are volunteers—will take the time to help select the right pet.

Volunteers sit down with the elderly on the spot, to find out how they live and what special needs they may have (see "How to find the perfect match," *below*). Shelter volunteers also know the history of the animals they board, which helps these folks select a pet that won't cause problems later on.



**Helen Caughlin says her dog, Timmie, helps her meet folks during walks on the beach.**

The Pets for People program doesn't stop there. After a senior selects a new four-footed friend, staff members detail the pet's feeding, exercise, and companionship needs. They also help make sure that the pet's transition into the new household is a smooth one by telephoning the adopter every so often. Sometimes these calls form the basis of a lasting friendship.



**Eva Martin says she and her bird enjoy discussing the news and personal problems.**

Finding a pet for one elderly friend might convince you to take part in the Pets for People program or just volunteer your time at a local Humane Society shelter. Contact the shelter directly or see the address below.

**For more information as well as a list of participating animal shelters, write: *Purina "Pets for People," Ralston Purina, Checkerboard Square, 6T, Dept. BHG, St. Louis, MO 63164.***

### How to find the perfect match

Even without an expert volunteer, you can help choose the right pet for an elderly friend. Follow these guidelines whether you're searching at animal shelters, the newspaper classifieds, or at a shopping-mall pet shop:

● **Dogs**—Even small dogs require outdoor exercise. So, seniors that are homebound and those who are unable to

*continued on page 173*

*—Julie Rovner helped develop legislation allowing senior citizens to keep pets in government housing.*

# Could a cat that eats supermarket pet food take this test and land on its feet?



**1. Feel skin and coat.** Comb your ngers through the hair. it:

A. Healthy, vibrant and free of flaky deposits. 30 pts.
B. Dry, lackluster and poorly elastic. 5 pts.
C. Very oily, smelly, or uneven. 0 pts.

There are normal variations in different breeds of cats at fferent times of the year. However, poor nutrition always lversely affects skin and hair.

**2. Inspect mouth.** Raise your cat's upper o to view the teeth. Are they:

A. Clean, white and glisten- g. 20 pts.
B. Yellowed with signs of sidue. 5 pts.
C. Decaying with evidence of tartar. 0 pts.



Diet plays a major role in oral hygiene. If you didn't check A, chances are ou feed your cat a steady et of wet foods, which can sult in dental problems. ry foods help cleanse teeth nd gums.

**3. Monitor appetite.** Does your cat eat:

A. Many times a day from a single serving. 20 pts.
B. Once a day. 5 pts.
C. Once every other day. 0 pts.

Many feedings a day are preferable because it allows for more efficient digestion and utilization of food.

However, if your cat suddenly changes eating habits, consult your veterinarian. It could indicate a health problem.

**4. Examine stool.** Stool size, consistency and odor are good indicators of a cat's overall well-being. Is it:

A. Small, firm and free of any unusual substances and odors. 30 pts.
B. Large, hard with an offensive odor. 5 pts.
C. Very large, soft, with an offensive odor. 0 pts.

Stool volume is largely influenced by undigestible foods and enzyme deficiencies.

Small, firm stools demonstrate your cat has properly assimilated all the essential nutrients.



Stool consistency indicates the quality of your cat's source of nutrients. Stool from a poor source may be soft.

A hard stool can represent a mineral or fiber imbalance.

Stool odor is usually traced to grain-based cat foods sold in supermarkets.

If improperly processed, grain-based cereals ferment in your cat's intestines and cause gas and odor.



## If your cat scored 85 or less, don't just change cat food, change where you buy it.

All cats have dietary requirements that demand quality sources of protein. Meat protein best satisfies those requirements.

However, many leading supermarket cat foods rely on grains for their main source of protein. Iams relies on meat, poultry, eggs and fish, which are also sources of taurine.

And Iams cat food isn't sold in supermarkets. It's sold only in pet shops, pet supply stores and feed stores.

Sold by veterinarians, breeders and pet specialists. People who understand a cat's nutritional needs. And that's why they recommend Iams.

They know the meat and poultry protein in Iams makes a discernible difference in your animal's health and well-being. And that cats crave Iams because we give them what they need– meat and poultry protein in a dry food.




If you'd like to know more, visit an Iams retailer or simply call 1-800-525-IAMS (4267).

IAMS

Special pet foods found only at special stores.

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More
Never settle for less.
"I looked for something different.
And found myself with More.
More cigarette. More pleasure.
Adventure has its rewards."
SURGEON GENERAL'S WARNING: Smoking
Causes Lung Cancer, Heart Disease,
Emphysema, And May Complicate Pregnancy.
17 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

GOODY
ALPO
Beef Bite Treats
for dogs
TM

## ETS AND THE ELDERLY

ntinued from page 170.

xercise should probably consider a dif-erent pet. On the other hand, seniors ho require regular exercise might nd a pet dog just the incentive to take long daily walk. *Another bonus:* Larg-r dogs can provide security for seniors ctive enough to care for these animals.

**Breeds**—Although breed is largely matter of taste, bear in mind that ach dog breed has different personal-y traits. For example, large sporting ogs such as Golden and Labrador re-rievers are friendly and affectionate. ut these dogs need frequent, vigorous xercise and may be too rambunctious r many seniors. Poodles are easy to ain and popular with the elderly who njoy their intelligence and fun-loving ersonalities.

When choosing a mixed-breed pup, sk about the personalities of the par-nts. Observe how an older mixed-reed dog interacts with humans efore recommending it to a friend.

**Cats**—Because they are quieter and ntent to stay indoors, cats can make reat pets for seniors. Many older folks wn two cats and delight in watching hem amuse each other. While younger milies may shy away from long-aired cats because of the grooming me their coats require, retired folks—s well as their cats—find daily groom-g sessions pleasurable and relaxing.

**Age**—Full-grown dogs or cats might it older folks better than frisky—and casionally destructive—puppies or ttens. Full-grown animals usually re-quire less care, attention, and exercise. In most cases they're trained and housebroken, and their health and temperament is already known.

**Birds**—Landlords often look more kindly on birds than they do dogs or cats. Feathered friends may also be the answer for seniors allergic to animal fur. Parakeets, canaries, and cockatiels are especially easy to care for. These species cost little and take readily to human care. Older folks can make a project out of training their pet birds to talk or sing. Larger birds, such as parrots cost several hundred dollars, and might prove too loud and destructive for seniors.

**Fish**—Although a fish can't be trained to bring in the slippers, studies show that watching fish swim relieves tension in humans. Just about anyone can care properly for goldfish or guppies. A large bowl or tank and a package of commercial fish food are all that's needed.

A more elaborate setup would include a 5- or 10-gallon tank with a filter and heater that could accommodate up to a dozen different fish. Seniors who find themselves hooked on fish often move on to still more advanced saltwater aquariums that can be home to more colorful species.

GOODY
ALPO
Contains Real Meat
Jerky Bits
Beef Flavor Dog Snacks

### New law to help keep old folks and pets together

Imagine if someone told you to give up your favorite animal companion. In fact, that's what has happened to many elderly who live in government subsidized rental housing. Now, however, a new law ensures that old folks (and the handicapped) may keep pets *if they reside in housing built or subsidized with government funds.*

The law doesn't give seniors the right to keep an inappropriate pet. Boarding a Great Dane in a one-room efficiency might prove unacceptable. Local housing authorities may legally restrict the number or size of pets. Authorities may also require extra security deposits and mandate that each pet be registered. Animals that are shown to be nuisances—barking or biting dogs, for example—also are not protected by the law and may be evicted.

Regulations to implement the federal law were completed only in early 1987, so it is possible that some housing authorities are not yet up to date. If you know senior citizens who live in federally assisted housing for the elderly or handicapped and have been told that they must give up their pet, you can call the local office of the ***U.S. Department of Housing and Urban Development,*** which is listed in the phone book under U.S. Government.

### Pets in nursing homes

People around the nation are helping brighten the days of the elderly in nursing homes by visiting with them—and bringing their pets along. The Delta Society, a nonprofit group, interested in human/animal relationships, can help you organize a nursing-home visiting program in your community. **Information:** ***The Delta Society, Box 1080, Dept. BHG, Renton, WA 98057 (206/226-7357).***

CHEW CHEWS
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Jerky Bits
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Beef Bite Treats
c 1988 ALPO Petfoods, Inc.

# CHOOSING A CONTRACTOR

## HOW TO FIND THE EXPERT YOU NEED

**To do the job right, a remodeling contractor needs talent, experience, and management skills. Be sure the one you hire has those qualifications.**

### Ask about experience

Not very many complaints about remodeling contractors relate to dishonesty or unscrupulous practices. A majority of complaints filed by customers involve contractors who "get in over their heads" by taking on projects that they don't really have the ability to perform. A contractor who has an excellent reputation for converting porches to family rooms, for example, may not necessarily do a good job of remodeling your kitchen. For best results, hire a remodeling contractor who has successfully completed projects similar to the one you're planning.

### Review a portfolio

Most contractors will show you pictures of their completed jobs. Some will give you a slide show, and others will play a videotape displaying their handiwork. Take the opportunity to review the evidence and decide whether the contractor's craftsmanship, style, and taste appeal to you. You might even see some good remodeling ideas while you're looking at other people's projects.


A DOG'S THREE WORST ENEMIES.



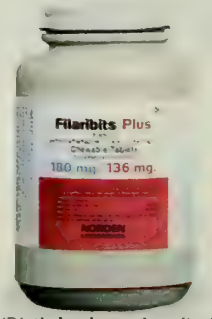
HEARTWORM HOOKWORM NEIGHBOR'S CAT

A DOG'S SECOND BEST FRIEND.

After you, Filaribits Plus® is your dog's best friend. Only 'Filaribits Plus' safely prevents heartworm *and* hookworm and tastes good, too.

And taste *is* important. What good is medicine if your dog won't take it?

Give your dog a dog's second best friend. Ask your veterinarian for good-tasting 'Filaribits Plus' tablets to prevent heartworm and hookworm.




NORDEN LABORATORIES

FILARIBITS PLUS



BRAD ANDERSON © 1988 United Feature Syndicate, Inc

Filaribits Plus® (Diethylcarbamozine citrate/Oxibendazole)
Available only from your veterinarian.
©1988 Norden Laboratories, Inc. LA5318 See Brief Summary On Page 187.


### Check references

Ask the remodeler to provide names and phone numbers of satisfied customers—people who have done remodeling similar to yours. Don't be shy about calling those references. Many of them are proud of their remodeled house and will invite you to see it. Here are some important questions to ask those homeowners when you call or visit:

- Are you happy with the contractor's work, and would you hire him or her again? Were there any disputes?
- Was the job finished according to schedule? If not, why not? Could delays have been prevented?
- Were the workers on the job every day? Did they make an effort to leave the work area tidy at the end of each workday? Were they courteous?
- Has the work withstood a cold winter or rainy season?
- Did the work pass official inspection the first time?

### Call the banker

You should hire a contractor whose company is in good financial condition, to assure that the company will still be in business if any problems crop up several months after the job is completed. A reputable contractor should be willing to give you the name and phone number of his or her bank loan officer. Ask the banker about the financial shape of the contractor's company in general. And, specifically, ask if the company is solvent—able to pay its bills.

Don't be offended if the contractor asks questions about your employment and how you intend to finance the project. Good contractors check their customers' qualifications, just as you check theirs, before they accept a job. BHG

# TRUSTWORTHY HARDWARE STORES

# SPRING SALE

Because Trustworthy stores vary in size, some may not stock all items shown. Prices may be slightly higher in Alaska and Hawaii. Sale prices good through April 30, 1988.

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## SUPER SAVERS™




**4.99**

**20 Lb. TURF FOOD.** Slow release nutrients offer 16% more total plant food than other brands. 52105

Sale Price ..... 11.49
Less Rebate..... 2.50
Your Final Cost **8.99**

**5/8" x 50' PREMIUM REINFORCED RUBBER/VINYL HOSE.** Remains flexible in cold temperatures. 51811



**169.99**

Greenbrier **22" ROTARY MOWER.** 3.5 hp, 4 cycle engine, automatic choke, & 9-position quick height adjustment. 50650

**GRASS CATCHER** 50652 **22.88**



Greenbrier. **14.88**

**1 Gal. COMPRESSED AIR POLY SPRAYER.** Pressure relief valve, extra long hose & 16" wand. 51605



Greenbrier. Your Choice **4.99**

**ANVIL PRUNER.** Teflon-S® coated heat treated blade. 51280

**HAND PRUNER.** Teflon-S® coated 1 piece steel blade & handles. 51281



NELSON **29.99**

**RAIN DATE® ELECTRONIC WATER TIMER.** Easy to set. Uses 4 "AA" batteries (not included). 5300



BLACK & DECKER.

Sale Price ... 44.99
Less Rebate .... 5.00
Your Cost After Rebate... **39.99**

**14" ELECTRIC STRING TRIMMER.** Wide cutting swath, bump feed, adjustable handle. 82214



WEED EATER **28.88**

**10" ELECTRIC STRING TRIMMER.** 2.8 amp motor. Tap-N-Go® automatic line advance. Adjustable assist handle. 1-year limited warranty. 12-10



McCULLOCH

Sale Price 79.99
Less Rebate... 10.00
Your Cost After Rebate... **69.99**

**15" GAS STRING TRIMMER.** Multi-purpose handle, grass guard & built-in line cutter. 13400028-02



AMES **29.99**

**4 CU. FT. WHEELBARROW.** Self-lubricating bearings and varnished hardwood handles. 24-310



TRUE TEMPER Cyclone

Sale Price ... 29.99
Less Rebate .... 5.00
Your Final Cost **24.99**

**BROADCAST SPREADER.** High density polyethylene hopper. Flow control mounted on handle. 403000




**Rebate** TRUE TEMPER AMES

Your Choice EACH

Sale Price.. 7.99
Less Mail-In Rebate .. 2.00
Your Cost After Rebate **5.99**

**14-TOOTH BOW RAKE.** Wood handle, strong teeth. 18-826, 21018

**ROUND POINT SHOVEL.** Wood handle, turned step. 15-613, 35011

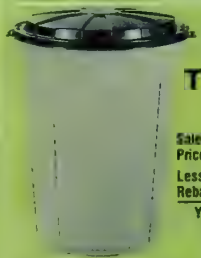
**GARDEN HOE.** Sharp-bladed with wooden handle. 18-485, 22019



WRIGHT **29.99**

**PLASTIC COATED LAWN FENCE.** Resists chipping & peeling. 36" x 50'. Brown or green. 3650-GFW, 3655-GFW

**4' ENAMEL POST.** 48-GFW **1.79**



TUCKER

Sale Price ..... 7.99
Less Rebate.... 2.00
Your Final Cost **5.99**

**30 Gallon TRASH CAN.** Snap-lock cover, rust & dent resistant. 0229

Look For Our Sale Circular for Other Great Values!

Sale prices good at participating stores. Check the yellow pages for the Trustworthy store nearest you!

# BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens®* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

**GARDENER'S ALMANAC**

**Page 21: Teak garden bench,** Loveknot — Smith & Hawken, 25 Corte Madera, Mill Valley, CA 94941. **Meidiland shrub roses,** Meidiland — Wayside Gardens, Hodges, SC 29695.

**Page 22: Thatch-roofed bird feeder**—John Deere Catalog, 1400 Third Ave., Moline, IL 61265. **Victorian birdhouse** — Gardener's Eden, P.O. Box 7307, San Francisco, CA 94120. **Clay pots**—Smith & Hawken (address above). **Raised-bed system,** Garden Grid—Mantis Manufacturing Company, Dept. G, Huntingdon Valley, PA 19006.

**Page 26: Wheelbarrow,** Fold-Barrow — Hammacher-Schlemmer, 1-800/543-3366. **Water lilies** — Scherer & Sons, 104 Waterside Dr., Northport, NY 11768; Lilypons Water Gardens, Lilypons, MD 21717; Van Ness Water Gardens, 2460 N. Euclid, Upland, CA 91786; William Tricker, Inc., 74 Allendale Ave., P.O. Box 398, Saddle River, NJ 07458. **Garlic chives** — Nichols Garden Nursery, 1190 N. Pacific Hwy., Albany, OR 97321. **Scarlet runner beans**—Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527.

**INDOOR/OUTDOOR REMODELING**
**Three Families Revamp, Open Up, Landscape, and Enjoy!**

**Page 98: Blinds**—Levolor Lorentzen, 1280 Wall St., W, Lyndhurst, NJ 07071. **Chairs**—Rattanworks, 351 Peachtree Hills Avenue, Atlanta, GA 30309. **Skirted table fabric** — Brunschwig and Fils, 75 Virginia Road, North White Plains, NY 10603.

**Page 100 (*left*): Patio furniture**—Brown Jordan, 9860 Gidley Street, P.O. Box 5688, El Monte, CA 91734.

**Page 101: Sink, faucet**—Kohler Company, Kohler, WI 53044. **Gray fabric on window seat**—Jack Lenore Larson, 41 East 11th Street, New York, NY 10003-4685. **Lighting**—Lightolier, Incorporated, 346 Claremont Avenue, Jersey City, NJ 07305.

**Page 103: Patio furniture**—Reed Bros., Turner Station, Sebastopol, CA 95472. **Armchair,** "Jaguar"—Sloan Miyasato, 2 Henry Adams Steet, No. 297, San Francisco, CA 94103. **Chair fabric**—Donghia Furniture and Textiles, 485 Broadway, New York, NY 10013. **Lamp** — Phoenix Day Company, 51 Washburn Street, San Francisco, CA 94103.

**Page 104: Drapery** — Henry Calvin Fabrics, 151 Vermont, No. 2, San Francisco, CA 94103.

**Page 105: Bed skirt fabric**—Henry Calvin Fabrics (address above).

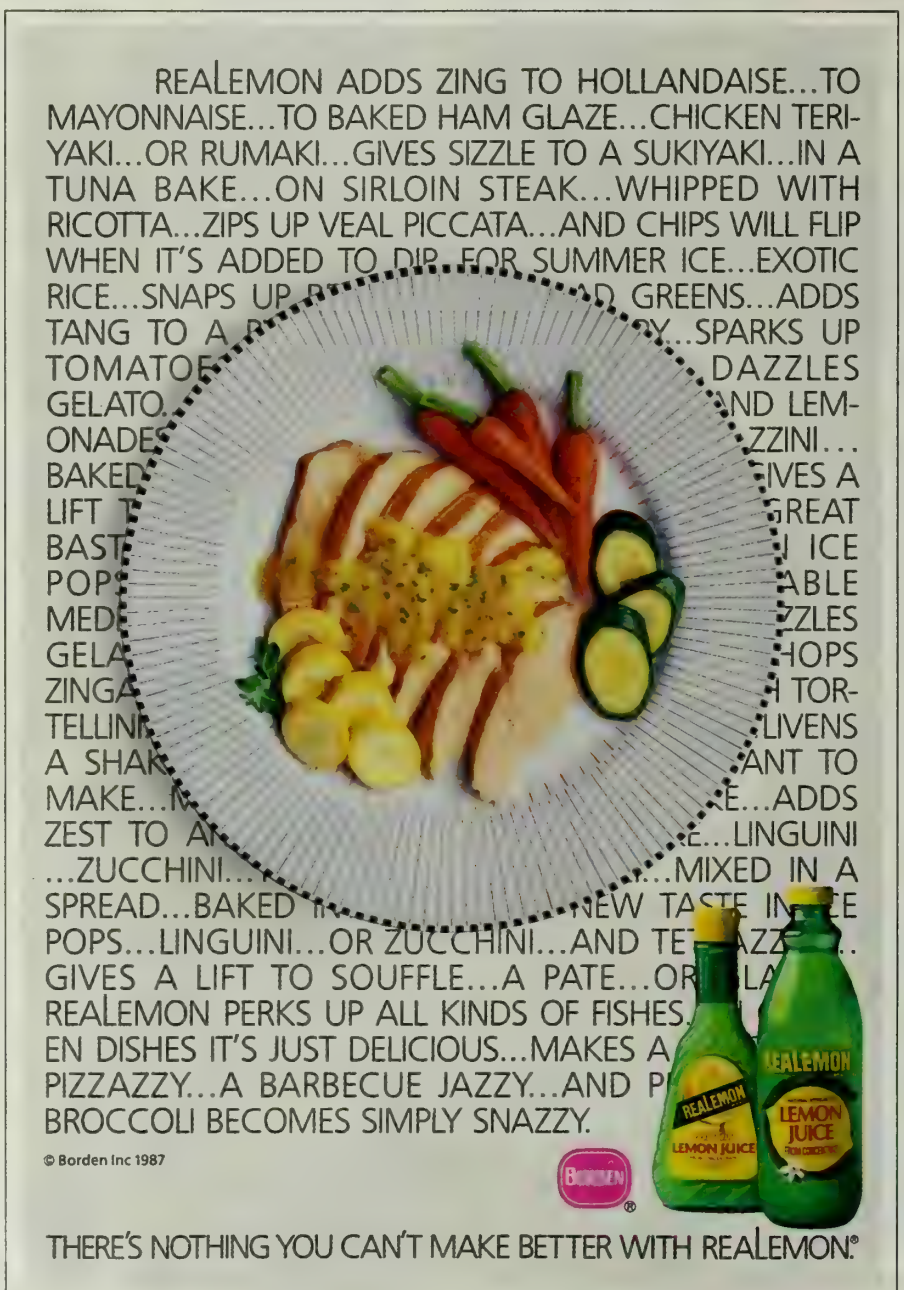
**LITTLE GETAWAYS**
**Places to Read, Relax, and Renew**

**Page 106 (*top*): Chair, ottoman** — Bernhardt, Box 740, Lenoir, NC 28645. **Lamps** — Koch & Lowy, 21-24 39th Avenue, Long Island City, NY 11101. **Bookcases** — Riverside, 1400 S. Sixth St., Fort Smith, AK 72901. **Basket**—Lillian Vernon, 510 S. Fulton Ave., Mt. Vernon, NY 10550.

**Page 107: Wing chairs** — Action Recliners by Lane, P.O. Box 1627, Tupelo, MS 38802. **Lamps, andirons** — Cohasset Colonials by Hagarty, Cohasset, MA 02025. **Cloverleaf table,** Style A31286 — Ethan Allen Inc., Ethan Allen Dr., Danbury, CT 06810.

**Page 108 (*top*): Two-seater recliner,** "Country Starters" — Barcalounger, 6900 Six Forks Road, Raleigh, NC 27609. **Lobster trap table**—L.L. Bean, Freeport, ME 04033. **(*Bottom*): Fabric on chairs**—Cowton & Tout, 979 Third Avenue, New York, NY 10022. **Table lamp**—Hewitt & Hitchcock, 7636 Forsyth Boulevard, Clayton, MO 63105.

**Page 109: Chaise**—Ayer Chairmakers Inc.,



5700 Avalon Blvd., Los Angeles, CA 90011. **Window shade**—Shades II Inc., 12221 Monarch St., Garden Grove, CA 92641.

**Page 110 (*top*): Narrow bookcase**—Star, Workbench, 470 Park Ave., S, New York, NY 10015. **Microwave,** "Conair Micro-mite"—Conair Corp./Zotos International, 1 Cummings Point Rd., Stamford, CT 06901. **Window treatment**—Levolor Lorentzen Inc., 1 Upper Pond Road, Parsippany, NJ 07054. **Counter stools,** "Franco"—Loewenstein, 1801 North Andrews Extension, Pompano Beach, FL 33069. **Ceramic basket**—Lillian Vernon (address above). **Print,** "98 Hearts and 1 Star" by Karen Strohbeen—Percival Galleries, Walnut at 6th, Valley National Bank Building, Des Moines, IA 50309.

**Page 111: Television**—RCA Consumer Electronics Div., 600 North Sherman Drive, Indianapolis, IN 46201. **Futon**—New Moon, Box 9584/Friendship Station, Washington, DC 20016. **Magazine rack**—Spiegel, 1040 W. 35th St., Chicago, IL 60609. **Lamps**—Koch & Lowy, 21-24 39th Avenue, Long Island City, NY 11101. **Rug**—Capel, 831 N. Main St., Troy, NC 27371. **Butterfly chairs**—J.C. Penney Company, 1301 Avenue of the Americas, New York, NY 10019.

**FABULOUS FOODS**
**Special Recipes for Those Special Occasions**

**Page 113: Platter, gravy boat,** "Amado"—Villeroy & Boch, 41 Madison Avenue, New York, NY 10010. **Wineglasses,** "Aragon"—Villeroy & Boch (address above). **Salt and pepper shakers**—Wallace Silversmiths, Wallingford, CT 06492.

**Page 115: Plates,** "Grey Pearl"—Block China Corp., 11 E. 26th St., New York, NY 10010. **Salt and pepper shakers**—American Cut Crystal, 225 Fifth Avenue, New York, NY 10010. **Bread tray**—Wallace Silversmiths, (address above).

**Page 117: Plate, cup, saucer, sugar bowl,** "Palatino"—Villeroy & Boch (address above).

**Page 118: White plate**—Tiffany & Co., Fifth Ave. & 57th St., New York, NY 10022.

**PRIZE TESTED RECIPES®**
**Brunch Main Dishes**
**Best-Ever Brownies**

**Page 133 (*left*): Plate,** "Albertina"—Villeroy & Boch, 41 Madison Avenue, New York, NY 10010. **(*Right*): Plate**—Waechtersbach USA, Incorporated, 8300 NE. Underground Drive, Kansas City, MO 64161.

**Page 134 (*left*): Plate,** "American Collection"—The Pfaltzgraff Co., P.O. Box 1069, York, PA 17401. **(*Right*): Baking dish,** Pyrex—Corning Glass Works, Corning, NY 14830. **Plates**—Kosta Boda USA Ltd., 225 Fifth Ave., New York, NY 10010.

**ROLL-AROUND PLAY CENTER**

**Page 162: Lazy-Susan bearings,** $2.25 ea. plus $2.50 handling fee, Model D4003—The Woodworkers' Store, 21801 Industrial Blvd., Rogers, MN 55374. BH&G








*The Golden Collection. Only from Hershey.*


ENTERTAINING

# POPPING THE CORK!

***How to open sparkling beverages***

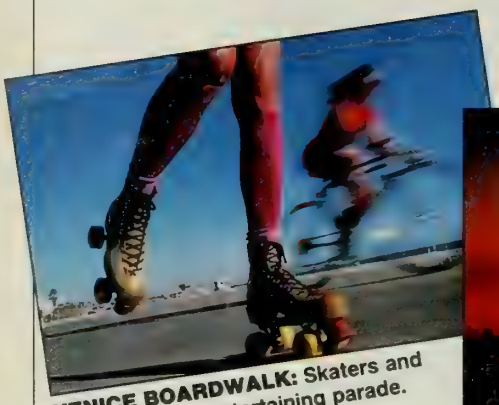
**Break open the bubbly with style and ease at your next celebration by following these steps:**

- Buy sparkling drinks, such as champagne, several days ahead of serving to allow for settling and chilling. If you open the bottle right after jostling it around and while it's warm, the beverage will bubble over.
- To begin opening, remove the foil and the wire surrounding the cork.
- Cover the cork with a towel so the cork won't shoot across the room.
- With one hand on the base of the bottle, firmly grip the cork and towel. Slowly rotate the cork, easing it out with a gentle release of air.
- If the cork is stubborn, run warm water over the bottleneck to soften the paraffin and loosen the cork. BH&G

# LOS ANGELES

## The World's Movie Mecca Sets the Stage for a Great Family Vacation

By Bob Devine



**VENICE BOARDWALK:** Skaters and bikers form an entertaining parade.



**L.A.'S STAR QUALITIES:** Sample the view from Hollywood Hills.



**UNIVERSAL STUDIOS:** Meet movie legends face to face.

## LIGHTS! CAMERA! ACTION!

It's show time in L.A., and the West Coast megalopolis harbors hundreds of family attractions. Here's a guide to the odd, the wonderful, and the always fun destinations that'll make Los Angeles this year's vacation sensation!

### ● WESTWOOD

Westwood presents a scene that is rare in L.A.: people walking. In fact, people throng its streets, meandering through its myriad shops, eating at its many restaurants, and seeing movies, often premieres, in the proliferation of theaters (Westwood probably has the highest concentration of movie theaters on the planet). The neighborhood gets much of its active, youthful character from the presence of the University of California, Los Angeles (U.C.L.A.). Jump into the middle of things by heading for Westwood Boulevard.

*continued on page 180.*




**MAP IT OUT:** The sights are all over L.A. Find lodgings near several spots you want to visit.

PHOTOGRAPHS: ©ROBERT LANDAU (LEFT) BILL ROSS/WESTLIGHT (CENTER) BOB DEVINE (RIGHT) MAP: ROGER LEYONMARK





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# For people who like to smoke...




DELUXE
ULTRA LIGHTS
Regular
and
Menthol.

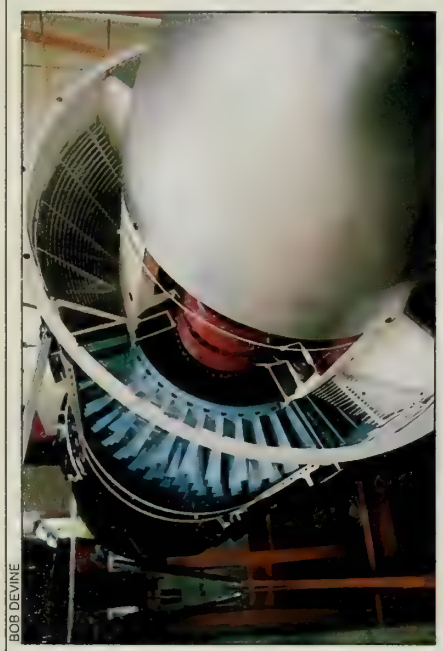
# BENSON & HEDGES
## because quality matters.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

6 mg "tar," 0.6 mg nicotine av. per cigarette, by FTC method

### MARINA DEL REY

Marina del Rey is the largest artificially made small-craft harbor in the world—a vision of suntanned contentment. Many visitors are satisfied just to wander through this idyllic setting,



BOB DEVINE

**MUSEUM OF SCIENCE AND INDUSTRY:** Worth a half-day visit.

fantasizing about owning their own yachts. But Marina del Rey offers more tangible pastimes as well: great seafood restaurants and wonderful marina-side views. At Fisherman's Village you'll find dozens of specialty shops scattered along cobbled walks in the style of a traditional English whaling village. **Information:** ***Marina del Rey Chamber of Commerce, 14014 Tahiti Way, Dept. BHG, Marina del Rey, CA 90292 (213/821-0555).***

### EXPOSITION PARK

Put on those walking shoes and get set for a healthful day of exercise, because touring Exposition Park can turn into a marathon. Perhaps you'd like to begin at the **Natural History Museum,** the largest museum of its kind in the West. Among its 35 halls and galleries, you'll discover fascinating displays from gems to leopards, plus a huge Aztec calendar stone, the "megamouth" shark, bears, a live tarantula in the Discovery Center, dinosaurs, even a roomful of vintage cars (in Los Angeles they think cars are natural).

From there, you might head over to the **Museum of Science and Industry,** a sprawling complex that beckons with numerous hands-on exhibits your children can try. You'll find everything from a giant incubator that hatches some 150 chicks a day to a room in which you'll shake, rattle, and roll to a simulated earthquake.

If your feet still are holding up, jog on over to the museum's annexes, which include the Aerospace Building, a huge-screened IMAX Theater, and the Hall of Health.

*continued on page 182.*



©1987 WALT DISNEY COMPANY

**DISNEYLAND:** You'll avoid crowds (and see more) by starting on the park's west side and sampling attractions in a clockwise direction.

## THE BEST FREE SHOW IN TOWN



TOP TO BOTTOM: MARK STEPHENS ©CRAIG AURNESS (2)

**VENICE BOARDWALK:** This spot goes in the "only in L.A." category. On weekends it seems as if every character in the greater Los Angeles area is on parade. Head to Santa Monica, then park yourself anywhere along Ocean Front Walk and watch the new wave roller skaters, body builders, beautiful people, and daredevil skateboarders.

# Two can live as cheaply as one. So can three or four.



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## Ramada's 4 for 1 Plus.

When you travel in numbers, it can really add up. Unless, of course, you're staying at Ramada.

With our 4 for 1 Plus Program, up to four people can stay in the same room for the price of just one.

You can have fun and enjoy yourselves. With a comfortable room you can really stretch out in. And friendly, attentive service that'll really make you feel like somebody special.

What's more, you'll receive a coupon good for $5.00 off your next 4 for 1 Plus stay at any participating Ramada, worldwide. And you'll be eligible for lots of great prizes, as well. The 4 for 1 Plus Program. It all adds up to Ramada.

You're somebody special at

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CALL YOUR TRAVEL AGENT OR

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Limited availability at participating Ramadas. Some restrictions apply.



BOB DEVINE

**MARINA DEL REY:** Over 10,000 pleasure craft dock here. Shops, restaurants, and other attractions make it a good spot to stay overnight.

### ● DISNEYLAND

Topping any list of L.A. attractions, Disney magic still works after 33 years—works so well that the crowds can be a problem. Insiders suggest several strategies to make the most of your visit. First, try to go on Fridays or Sundays. Arrive early. Note that Main Street opens half an hour before the rest of the park. Buying tickets the evening before—when lines are short—helps, too. Once inside the park, go to your favorite rides immediately; waits are brief during the first two hours. Start on the west side and head clockwise. Lines shorten during lunch and dinner. **For a free guidebook, contact:** ***Disneyland Guest Relations, 1313 S. Harbor Blvd., Dept. BHG, Anaheim, CA 92803 (714/999-4565).***



BOB DEVINE

**AUTOMANIA:** In L.A. cars have been raised to an art form.

### ● KNOTT'S BERRY FARM

Attractions at this park include an Old West Ghost Town, a replica of Philadelphia's Independence Hall, and a notorious roller coaster named "Montezooma's Revenge." Knott's Berry Farm remains a family owned and run amusement park, which is perhaps why its rides and themed exhibits appeal so much to the hordes of kids and parents who visit here each year. ***Call 714/220-5200.***

### ● QUEEN MARY

Visitors get to clamber about this venerable cruise ship, exploring from the engine room to the posh staterooms. The proprietors added some items to the original cargo, including a model ship museum. Close by, you'll find Howard Hughes' *Spruce Goose,* the largest plane ever built. It flew only once. ***Call 213/435-3511.***

### ● CHILDREN'S MUSEUM

Kids can burn off extra energy, have loads of fun, and learn at the same time. They get to draw cartoons that spring into animated life in the Zoetrope exhibit. Promising actors in your clan should head to the face-painting station with lights and mirrors like those in a movie star's dressing room. Would-be newscasters get to present a TV news show in the simulated broadcast studio. ***Call 213/687-8800.***

*continued on page 184.*

## SHOPPING WITH THE RICH AND FAMOUS




BOB DEVINE

**RODEO DRIVE:** The Beverly Hills street may be the most exclusive, most expensive shopping area in America. Along its several blocks you'll find posh stores such as Gucci, Hermes, and Arpels. It's an ideal spot to soak up some flagrant glamour and to browse, but you might want to leave the credit cards at home.

# Pella's new wood entry door.

*All the welcome of wood without all the problems.*

*The solid wood door built to resist warping, splitting, cracking and leaking. True Pella quality.*

*Even the price is welcome.*



*Your finish lasts up to twice as long as on ordinary wood doors.*

*Choose from 7 styles. Then add coordinated transoms, sidelights, decorative glass.*

*Bring your home to Pella—we'll help you design your entry.*

**Free Pella Idea Book** Please send my free 20-page book of Windowscaping™ ideas for Pella wood windows, doors, sunrooms and skylights.

I plan to: ☐ build ☐ remodel ☐ replace

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Address_____

City_____

State_____ Zip_____

Phone_____

**This coupon answered in 24 hours.**

**Mail to:** Pella Windows and Doors, Dept. C01D8, 100 Main Street, Pella, Iowa 50219. Also available throughout Canada.

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The Pella Window Store®

Windows, Doors, Sunrooms & Skylights




GABI RONA/CBS

**GAME SHOWS:** Hosts want out-of-town contestants. Watch for an address during the credits of your favorite TV game show.

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## Roll-Around Play Center



We give complete build-it-yourself detail for this project on page 160 to 164, but if you prefer to work from a blueprint (or intend to hire a contractor who does), order our **Roll-Around Play Center Project Plan.** All ***Better Homes and Gardens®*** Project Plans are professional-quality woodworkers' blueprints including detailed drawings, lists of materials, construction tips, and step-by-step instructions.

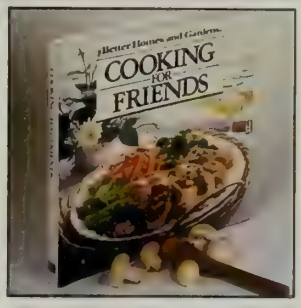
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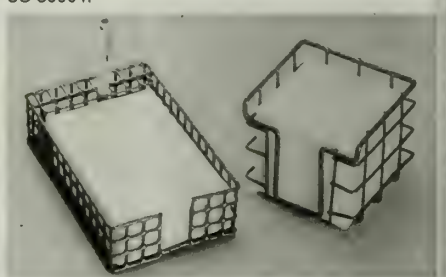
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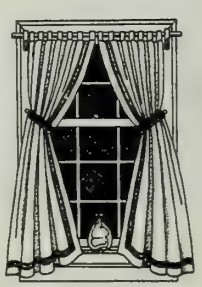


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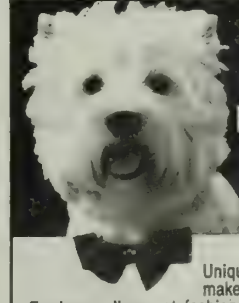
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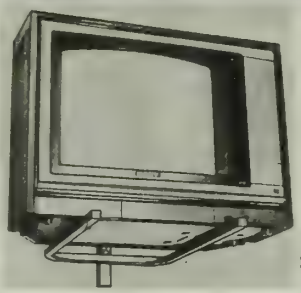
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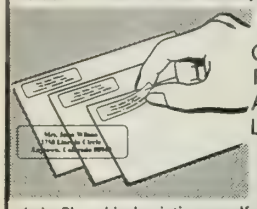
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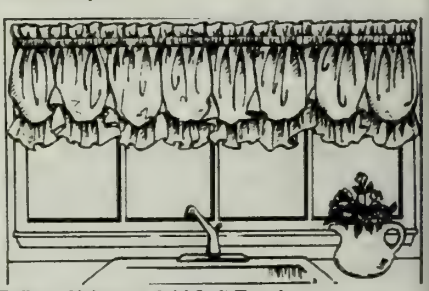
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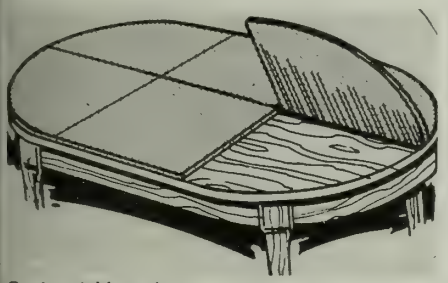

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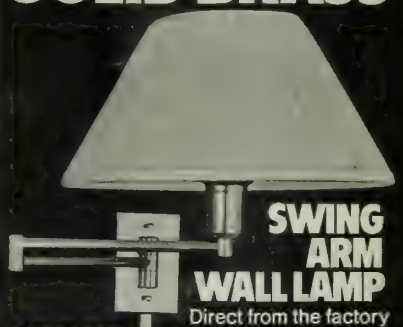

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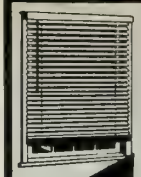
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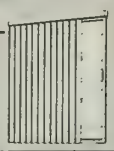
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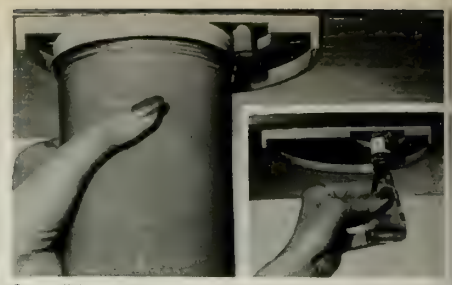
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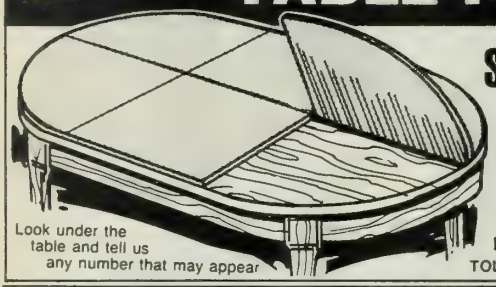
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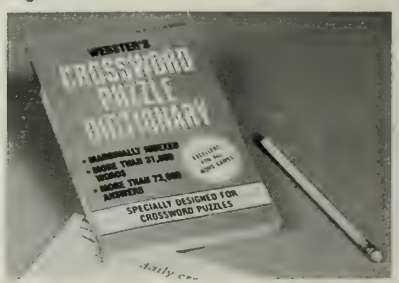
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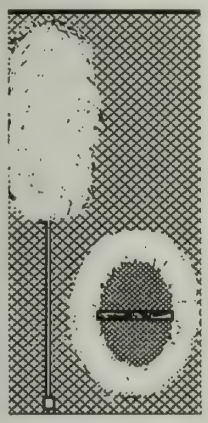
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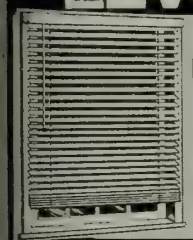


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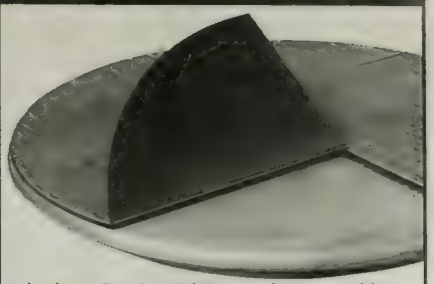
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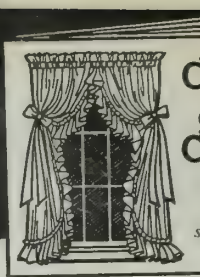
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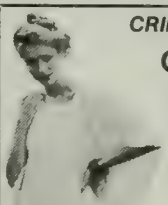
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# THE MAN NEXT DOOR®

Burt, Jr., has been great lately about getting home at night on time. Turns out he's not worried about us. He's scared that if he stays out late he might run into the cross-country coach.

Judy credits me for improving her grades in math. "I've gotten Bs or better since you've stopped helping me with my homework," she explains. Aren't children wonderful?

Christine pointed out the other day that Burt, Jr., has reached the point of knowing everything it is possible to know about our cars and bikes, but still seems confused by lawn mowers and vacuum cleaners.

Liz Randall, mother of five, says the full impact of parenthood doesn't really hit you until you multiply the number of your kids by 32 teeth.

Have you heard about those new super-duper supermarkets that sell everything from groceries to eyeglasses? When I mentioned the idea to Ned Carter, he grumped, "Sounds like an excuse to put the milk and bread even farther from the front door."

The distinctions between white- and blue-collar jobs may be fading, but Lee Bayless suggests that you can tell who has which by whether the person takes a shower before or after work.






*"I see Wilson's four daughters are home from college for the weekend."*

The best years of a father's life, contends Bill Norman, are when his sons are old enough to wash the car but too young to drive it.

Dot Dresch suggested that Dick take advantage of these first warm days of spring to spade the backyard garden, but he said he wants to wait and make sure that the milder weather isn't just another April Fools' joke.

Representative Nick Hanfli groused that only the federal government would think of lousing up a month as beautiful as April by putting the income tax deadline right in the middle of it.

I asked Bill Minchin why he won't be coaching Little League this year. "I'm tired of the arguments, the pouting, and the childish behavior," he replied, adding, "And that's just the parents."

When Ken Floyd complains to his wife that he's working too hard, she agrees and suggests he stop trying to keep up with her.

*Things have been particularly hectic at our house the last month or so.*

*Chris' real estate business has kept her on the go more than she'd like, showing homes. As for me, I've been spending more evenings and weekends at the office than I'd like.*

*Beyond that, Judy and Burt, Jr., have gotten involved in more and more activities—band, basketball, church groups, choir—and always seem to need a ride to or from one or another.*

*The result is that Chris and I have seen each other recently only in passing. It's been mostly a matter of, "Hi, what are you doing today?"*

*With a rare hour together one recent evening, we agreed enough was enough. We left the kids with my parents and went off for a weekend together. Essentially, we did nothing. We took a couple of long walks, watched migrating waterfowl, and enjoyed being together alone.*

*It's really nice, after being married as long as we have, to find—well, yes, I'll say it—to find you're still in love.*

Burton Hillis

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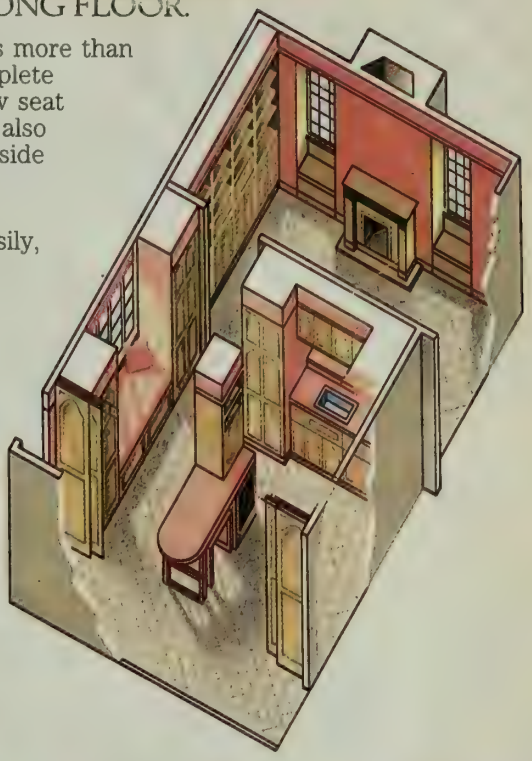


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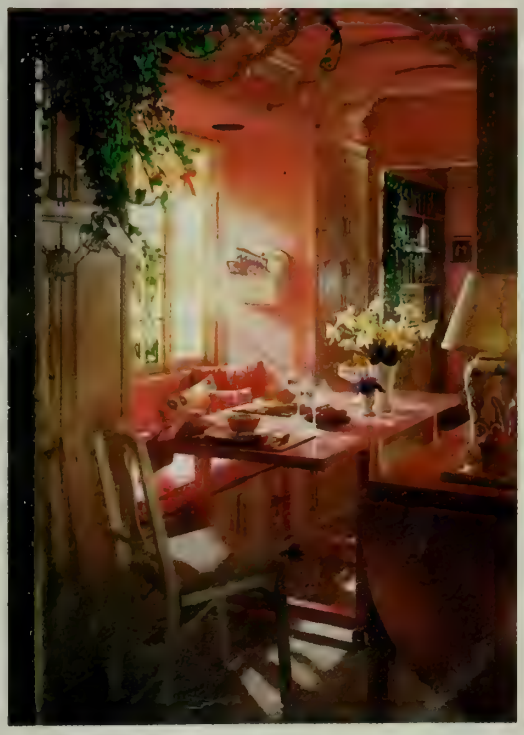
The suite's three multipurpose areas flow easily, one to the next, united by the beautiful Pearl Glaze Collection™ Solarian® Supreme floor.

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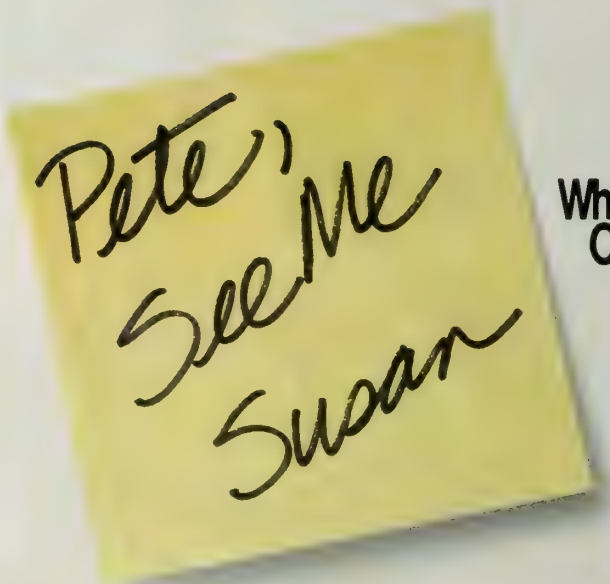
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MAY 1988; Vol. 66, No. 5

# Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES®




COVER PHOTOGRAPH: MARIS SEMEL

*Even a tiny flower garden will provide you with armloads of cut flowers all summer long.*

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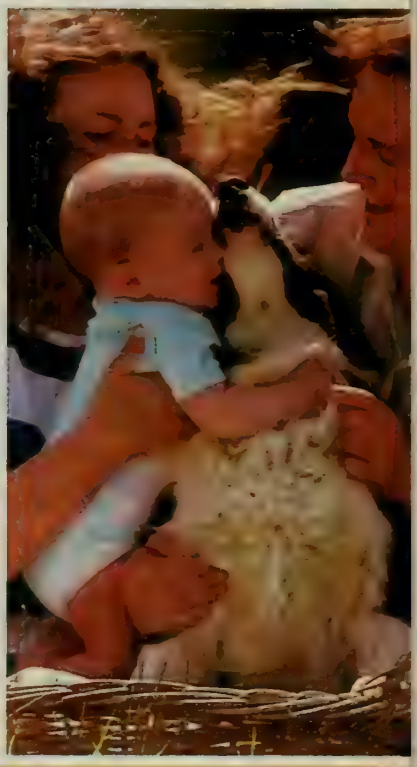
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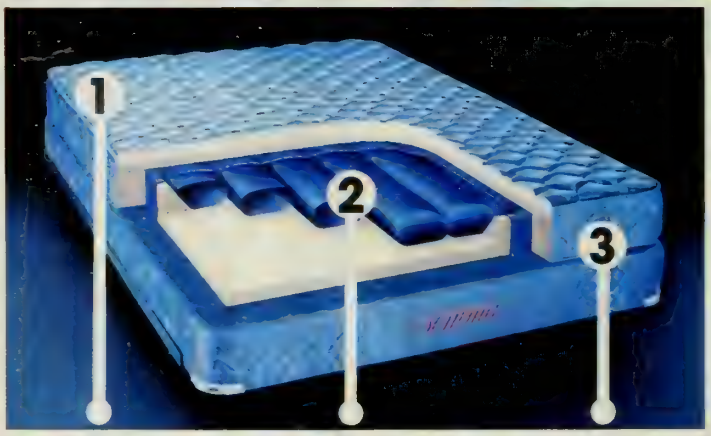






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*by Dr. Jerry B. Johnson*

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# FAMILY NETWORK™

## Readers' comments and solutions to family and community problems

### Planning your reunion?

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For your free booklet, write: **Family Reunion Planning Guidebook,** Dept. M, P.O. Box 10237, Des Moines, IA 50336.

### Budget dinner-romance

When my husband and I both worked, we went out to dinner often. Now that I'm going to college full time, the budget has become much tighter. What I sometimes do for a simple "night out" is buy two carry-out dinners, chill a bottle of inexpensive wine, and rent a movie we both want to see. I spread a thick blanket on the floor in the family room in front of the fireplace, and we spend a quiet, romantic evening of wining, dining, and a good movie, all for about $17!

*Nancy Beattie*
*Troy, Mich.*

### Who's there?

The large number of children in our neighborhood constantly ringing doorbells for our kids caused many interruptions and much aggravation for parents. So each home bought a paddleball board, removed the ball, and painted the boards green on one side and red on the other. Then we each hung them on hooks on our front doors. Whenever the green side is showing, it's all right to knock because the child living there is home and available. Whenever the red side is showing, the child is not available.

*Carol Dolenar*
*Riverside, Calif.*

### Grandmother love

*In our February Family Network, a grandmother asked how to handle her feelings when the other grandmother gave grandchildren gifts our reader couldn't afford. Here's one response:*



***When grandchildren grow up they will cherish special times spent with you.***

I am 25 and the youngest of my grandmother's 18 grandchildren. She is not wealthy, and never has been. At 83, she still cooks a big Christmas dinner for anyone who cares to visit.

I eat dinner there on Christmas even though I live 90 miles away. I feel this is the least I can do to show gratitude for her love. So don't feel hurt. When your grandchildren grow up, they will cherish those special times spent with you. My other grandmother whom I remember giving me gifts, eventually stopped giving them. She's still living, but it's a shame that's all I remember about her.

*Angela Hook*
*Baton Rouge, La.*

#### WRITE TO US

Family Network welcomes letters describing how you solved problems involving family or community; or letters asking for help with an unsolved problem. Write to Family Network, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.




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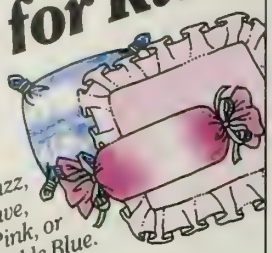
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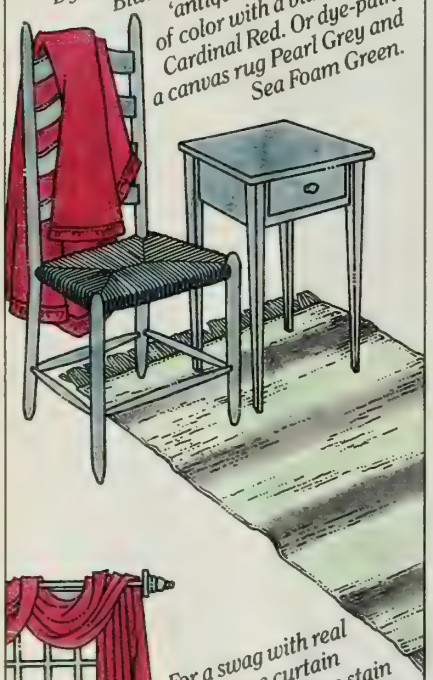
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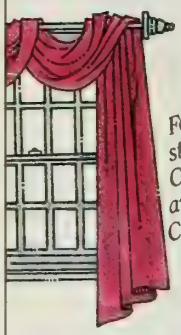


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# EDITOR'S LETTER

## Doing Something Now

Dear Reader,

No matter who we are, no matter what we do, no matter what's going on in our lives, I'm sure we all have exactly the same reaction from time to time. Our attention is drawn to some less-fortunate segment of our community—the poor, the homeless, the sick—and we want to do something. But, the problem always seems so overwhelming, we're so busy, and there's so little that one person can do. . . .

It happens to all of us and most of us do nothing, rationalizing our guilt in dozens of different ways, or simply getting distracted by the next thing to come along in our busy lives.

This month, we're going to tell you about some folks who somehow manage to do a lot better than nothing, and who aren't any different than the rest of us. Beginning on *page 30* is an article by Features Editor Margaret Daly about people who are getting something done, at the grass-roots level, about housing for poor and moderate-income families.

***"I applaud the straightforward impulse that says if someone needs help, give it."***

Some of these folks are doing nothing more complicated than picking up a hammer and driving nails as part of a volunteer construction crew. Others are taking on such complex tasks as wading through the morass of paperwork and red tape necessary to put together the financing for a low-cost housing project. But all of them are doing something that is concrete and worthwhile about sharing the American dream of having decent homes for our families.

I'm always moved by this wonderfully American phenomenon of spontaneous, simple generosity. These are people willing to light one small candle rather than sit and complain in the dark. I think they have faith, as I do, that if enough people light candles, eventually all the dark will be dispelled, and I applaud the straightforward impulse that says if someone needs help, give it.



VONNEE SLEIGHTER

**As simple as driving nails. . . .**

On the other hand, I have to acknowledge that the enormous housing problem in our country isn't going to be solved entirely by the efforts we describe in our article. We must insist on a new initiative on housing at every level of government. If you missed our story in February about the national housing problem, I hope you'll go back and read that, as well.

I'd be the first to agree that asking the federal government just to throw some more money at the problem isn't the answer. But, these grass-roots efforts point the way toward some wonderful and ingenious solutions that can be applied country-wide. Meanwhile, God bless those willing to pick up a hammer, a pencil, or a phone and get something done right now.

David Jordan

David Jordan, Editor




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Let's get it together... buckle up.



# *The advantage of being in control.*

Taking matters into your own hands is an idea you wholeheartedly embrace. It lets you do what you want, when you want–while having as much fun as you want. That's the idea behind rack-and-pinion steering.

Rack-and-pinion steering acts like a two-way transmitter between you and the front wheels of your car. Turn the wheel and the pinion (a gear) at the end of the steering column moves over a bar called (you guessed it) a rack to point your wheels in the right direction. Your car responds instantly. Accurately. Almost instinctively. It also sends the feel of the road back to you, letting you fine-tune your driving. That's what makes precision handling precise.

And, while nearly every Chevy we sell comes with the feel-good control of rack-and-pinion steering, including the Beretta GT, all of them come with the bottom-line value of a great Chevy price. So try one, and take a turn for the better.

THE *Heartbeat* OF AMERICA TODAY'S CHEVROLET






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"Nothing's too good for my Brassolaelio Cattleya."



# ONEIDA

Shown: Golden Henley pattern in stainless and gold.

For a sample teaspoon send $1.00 and pattern name to: Oneida Sample Center, P.O. Box 9777, New Brighton, MN 55197.



# Larry finds a refuge.

They all agreed they'd keep him for just one night.

But by morning, he'd purred in the mother's lap, played with the father's worn-out sock and been named Larry by the daughter.

Finally, he'd found himself a permanent refuge from all he'd known before.

**The house.** Window after window made Larry's new home seem more spacious than it was. Let the light flood in. Kept the coziness from slipping out.

One of them interested Larry and became his favorite spot.

All of them did something special for the owners of the house.

**The windows.** Each of the windows ... from the small one that let light into the bathroom to the big bay that Larry liked best ... was *The Intelligent Window.*® A kind of window made with a remarkable glass, *Sungate*® coated low-E glass from PPG.

*Sungate* coated glass lowers heating bills in winter by keeping inside heat in. And lowers cooling bills in summer by keeping outside heat out.

Its special coating makes *Sungate* coated glass up to 70% more effective at insulating than uncoated glass.

**The purrs.** Truth be told, even though PPG *Sungate* coated glass helps save Larry's owners money, Larry doesn't care.

He's just glad the bad times are over as he lies purring in the window, taking in the view.

For more information on how windows made with *Sungate* coated glass from PPG can add to the warmth, beauty and openness of your home, send for your *free* brochure. Or, call 1-800-2-GET-PPG to find out who in your area sells windows and doors with *Sungate* coated glass.

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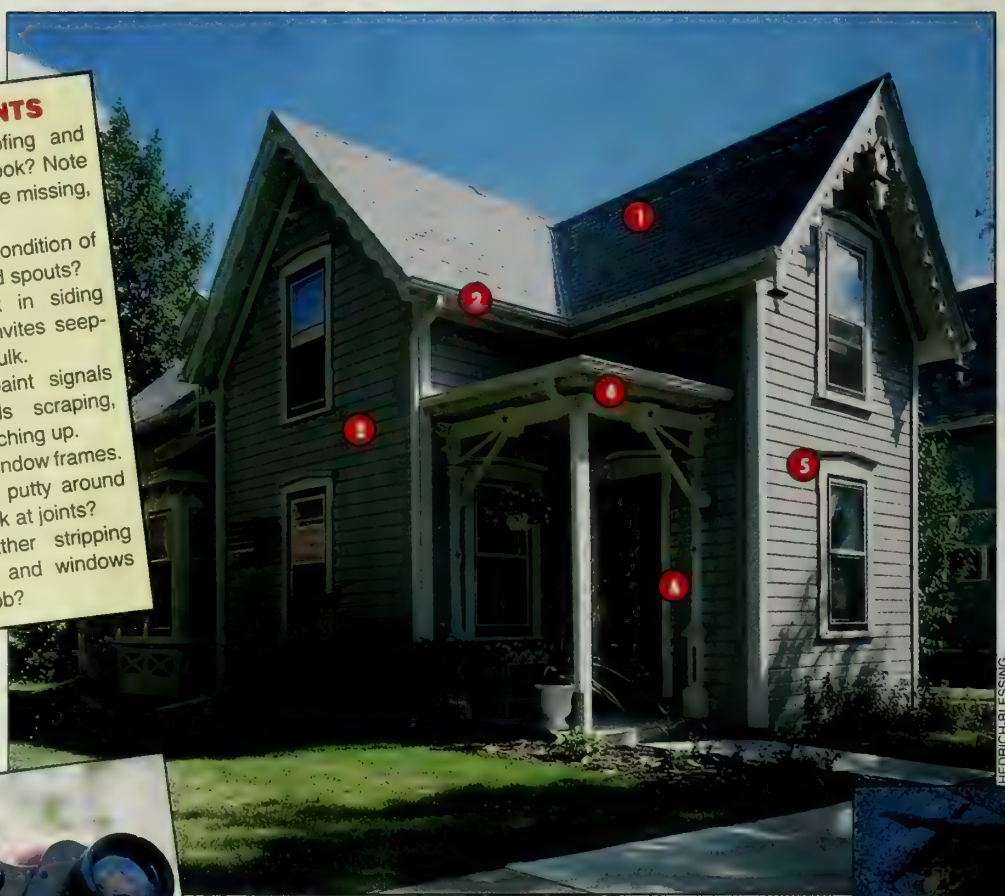
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# SPRUCE-UP ALMANAC

By James A. Hufnagel

## KEEPING YOUR HOME AT ITS BEST

*Spring into summer with a well-tuned house*



**CHECK POINTS**

1. How do roofing and flashing materials look? Note any shingles that are missing, lifted, or curled.
2. What's the condition of gutters, soffits, and spouts?
3. Any break in siding leaks heat and invites seepage. Seal with caulk.
4. Peeling paint signals that trim needs scraping, priming, and touching up.
5. Ditto for window frames. How about the putty around panes and caulk at joints?
6. Is weather stripping around doors and windows still doing its job?

HEDRICH-BLESSING





SCOTT LITTLE

**TAKE A GOOD LOOK AROUND.** Start with a systematic inspection of all your home's exterior surfaces.

...SAFETY TIP...

### KEEP YOUR FEET ON THE GROUND

*As you scan high places*

Field glasses let you view roofing, flashings, eaves, and other high points without getting up on a ladder. Stay off the roof as much as possible. Besides risking a fall, you could also damage the roof.

....SPRUCE UP STRATEGY 1.....

### SET A MAINTENANCE AGENDA

*And get on top of upkeep chores*

Your home has worked hard this winter fighting off icy blasts and bitter weather. Now that spring is here you owe it some pampering. Start with a thorough inspection and make a checklist of repairs. Put urgent repairs at the top of the list. Less pressing tasks can be dealt with as time and funds permit. A maintenance agenda can be a budgeting tool, too. For example, if the roofing and flashings are deteriorating, you know that the cost of a new roof is in the offing. Remember that repairs made today are almost always less expensive than the damage created by unattended problems.

**Buying information, page 172**

.....REPAIRS.....

### START AT THE TOP

*Batten down the shingles!*

Stick lifted or warped shingles back down with dabs of roofing cement. With a putty knife apply the cement beneath left and right shingle edges; for three-tab shingles, smear a glob of cement in the middle.

*continued on page 22*

PHOTOGRAPHS: INTERCONTINENTAL PHOTOGRAPHIC AGENCY



## WHICH FORK IS PROPER FOR SHELLFISH?

Spots are never proper with any kind of food—that's one reason the fork on the left is not correct.

The other reason is because it's a fish fork. (Note the wide tines for lifting delicate, flaky fish away from bones.)

A seafood fork (on the right) is small with sharp tines to help remove the shellfish from its shell.

And of course being virtually spotless makes it the perfectly proper choice.




**For virtually spotless dishes**

CASCADE PRESENTS ETIQUETTE TIP NO. 12

# SPRUCE-UP ALMANAC

*continued from page 20*



..... REPAIRS .....

## BUGGED BY TORN SCREENS?

*Roll in a new one*

Replacing those bulged or ripped screens is a breeze: Buy screening and a splining kit. One wheel on the splining tool rolls the screen into the frame's channel; the other wheel forces in the splining.

..... TRENDS .....

## PUSH MOWER MAKES A COMEBACK

*And builds character*



Today's smaller lawns and emphasis on fitness argue for grass-cutters like those of a generation ago. This one, from American Lawn Mower Company, adjusts to cutting heights ranging from ⅝ to 2¼ inches. It's cordless, uses no gas, and makes only a gentle whirring sound.

.... SPRUCE-UP STRATEGY 2 ....

## KEEPING UP APPEARANCES

*What's your front door policy?*



SCOTT LITTLE

Because most of us generally come and go through side and back doors, it's easy to neglect the one that guests first see. After you've attended to the important elements we pointed out on *page 20,* check to see just how well groomed your entry is.

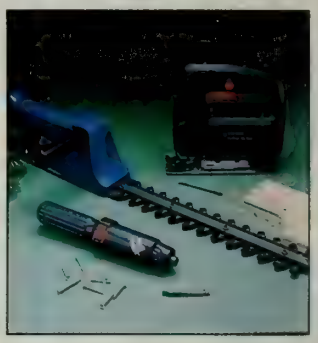
..... PRODUCTS .....

## GREAT GOOPS!

*Caulk it, seal it, preserve it*




When you head for the hardware store to buy materials for sealing your home's nooks and crannies, you'll find an array of products that are easier to apply and last longer than the ones you're replacing. Examples: siliconized caulks with 25-year guarantees, press-in-place window glazing, aerosol foam sealants.



...TOOL-TECH...

## HOORAY FOR CORDLESS TOOLS

*A boon for outside jobs*

Never again need you suffer when your extension cord disconnects the moment you reach the top of a ladder. Cordless tools, because they eliminate any shock hazard, are safer, too. Our picks: Black and Decker's jigsaw, Makita's hedge trimmer, and the Skil Twist screwdriver.

..... REPAIRS .....

## SURE CURE FOR A LEAKY HOSE

*Stop that drip*



What do you do with a garden hose that has sprung a leak? Tape won't last and new hoses are costly; so salvage the one you have with a hose repair kit like this from Gilmore Manufacturing Company. Just slice out the leaky section, slip in the plastic coupler, tighten the clamps, and turn on the water.

*continued on page 24*


If You Don't Like
The Way Your Bathroom Looks,
Change The Way It Feels.
The Original Shower Massage. And you thought your bathroom needed painting.
THE ORIGINAL Shower Massage™
BY TELEDYNE
The Original Shower Massage by Teledyne Water Pik.®

# SPRUCE-UP ALMANAC

*continued from page 22*



.... FASHION ....

## BULLETPROOF GLOVES

*Improve your grip*

Armordillo's golden garden gloves are made of Kevlar, a Du Pont fiber used in bullet-resistant vests. Armordillos are not only tougher than ordinary gloves, they're also peppered with little rubber buttons that give you a firm hold on things—and keep it—as easily as making a fist.



.MAINTENANCE.

## SCRAPE, RASP, SAND, AND GRIND

*Getting down to bare facts*

What's the secret to good painting? Preparation, preparation, and more preparation. With a wire brush, Stanley Surform, paint scraper, drill-powered sanders, brushes, and grinders, steel wool, and sanding block, you can remove rust and dead paint from just about everything. Sorry, but you still have to supply the elbow grease.

.....AMENITIES.....

## TREAT YOURSELF TO A TRELLIS

*Gain seasonal shade and nonstop style*



PHOTOGRAPH: ERNEST BRAUN; LANDSCAPE ARCHITECT: GARY ORR

One inexpensive way to face-lift your home or yard is to construct a trellis and train plants to climb on it. This version features a grid pattern that echoes the design of the home's windows and lightly screens the side patio from the street.

.....MORE MAINTENANCE.....

## OUR FAVORITE FIX-IT TOOLS

*Now let's see, what have we missed?*



Here are our nominations for the spruce-up tools we think you'll use most often. Most are familiar, but several deserve special note: Estwing's framing hammer weighs more than ordinary versions, but drives nails much more quickly; the Yankee Drill lives up to its promise and "drills small holes fast." McGuire-Nicholas' leather construction apron packs tools on both hips, with a measuring tape pouch in between.



.ARCHITECTURE.

## THIS HOUSE IS FOR THE BIRDS

*Build it from our plan*

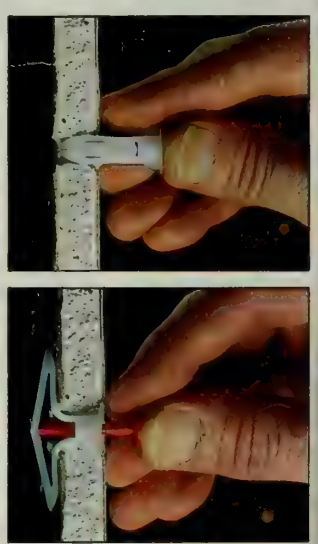
While you're sprucing up your home, why not construct one for your feathered friends? This New England-style nesting place is made from plywood scored to look like siding.

**To order project plan 50384, see page 168.**

... PRODUCTS ...

## THREE CHEERS FOR TOGGLER

*Anchors to any wall*



In a hollow wall you drill a hole, fold the wings of Mechanical Plastics Corporation's Toggler and insert. Pop open the wings with the red plunger and drive a screw. In solid walls it works just like a plastic anchor. BH&G




# THE WORLD'S SMALLEST MAJOR APPLIANCE.

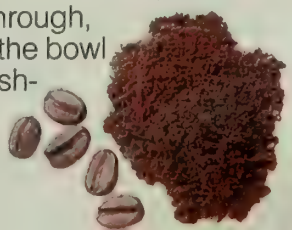
Cuisinart's® tiny MINI-MATE™ will make a major difference in the way you cook.



It's more than a major convenience that can chop an onion or a cup of almonds in seconds. You'll use it to grind coffee beans and peppercorns; grate cheese and chocolate; mix salad dressings; puree sauces; make flavored bread crumbs and even make additive-free baby foods.

And, only the MINI-MATE™ can do it all. Because, only the MINI-MATE™ has two speeds and a reversible metal blade. One side easily handles hard ingredients. The other side delicately chops, minces, purees or mixes soft ingredients. All in just a few square inches of counter space.

You'll use the MINI-MATE™ for just about everything you cook. And, when you're through, just put the bowl in the dishwasher.



You'll use it with confidence, because its from Cuisinarts®, and backed by a full two year warranty.



**So you see, when Cuisinarts® does something in a small way, it helps you in a big way.**

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If you've got dental work, you've got three great reasons to chew non-stick Freedent Gum.

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BUILDING

# ONE-OF-A-KIND GARDEN GATE

## STURDY, STYLISH, AND DURABLE

**Problem: Ready-built garden gates look flimsy and out of sync with your home's style. Solution: Order a custom-made gate like this one from a metal fabricator.**

Ready-built gates available at home centers and lumberyards do a good job of corralling the family dog. However, they won't stop a professional break-in artist and they don't offer much in the way of design options. If you'd like an eye-catcher with extra heft and oomph like the one pictured here (*right*), consider ordering your gate from a metal fabricator. (Check the Yellow Pages under Metal Fabricating Service.)

### Norman ancestry

You can sense this gate's satisfying solidness just by looking at it. The design resembles the timber-framed portcullises that guarded entry to Norman castles. A peaked cap adds a playful note and echoes a zigzag grillwork of quarry tiles that march across the top of the garden wall.

### Simple and durable

Fashioning the gate from square metal tubing instead of wooden timbers netted simplicity of line; timbers would have required intricate joinery, metal plates, and diagonal bracing. Bonus: A metal gate remains strong, straight, and true long after its wooden cousins sag under their own weight and succumb to the rigors of the elements.

### Design considerations

Unless you're accustomed to picturing movable objects in three dimensions, it's best to have your gate designed by a pro. This is especially important if the gate will be built with hefty materials, as this one was. Metal fabricators could work from a rough sketch to make a gate this simple, but it takes an experienced eye to visualize proper clearances for the gate to swing free in its opening. A good designer also can help you choose a gate design that's structurally sound and appropriately scaled to your landscaping and your home's architecture.



PHOTOGRAPH: TOMMY MIYASAKI, DE GENNARO ASSOCIATES. FIELD EDITOR: JOAN DEKTAR

**Metal tubing gives this garden gate extra style and strength.** BH&G

The Graduate
The June Bride
The Birthday Boy
The Best Dad
The World's Greatest Mom



Extra Special Gifts For Extra Special People.

# Lane®

# The Lane Recliner.
# Comfort to enjoy for a lifetime.

One of the best things about giving a Lane Recliner to someone special is watching him settle into it for the very first time. It's a gift that will provide comfort, relaxation and luxury for years to come. Action Recliners by Lane are beautifully styled and available in a wide variety of fabrics, including Herculon velvets, to complement any decor. And they're so well-built, they're backed by a limited lifetime warranty.* For a free brochure, write Action Industries, Dept. L050, Box 1627, Tupelo, MS 38802.



# The Lane Cedar Chest.
# Fill it with the magic moments of a lifetime.

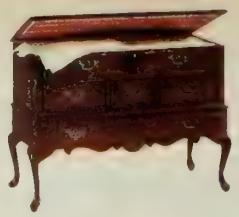
Spring means graduations, weddings, Mother's Day and more. Perfect occasions to give someone special a genuine Lane Cedar Chest. It's a beautiful piece of furniture that holds and preserves everything from a high school sweater to Grandmother's bridal veil. It will be opened and enjoyed countless times in the years to come. Lane Cedar Chests are designed by master craftsmen, and built to last for generations. Available in over 100 styles, starting as low as $200. For a colorful brochure, send $1 to The Lane Company, Inc., Dept. L050, Altavista, VA 24517-0151.





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The "Sanibel" Rocker Recliner



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The "Newport" Cherry

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Sonora—**Sonora Furniture**
Soquel—**Senate Sofa Bed**
Stockton—**JCPenney**
Stockton—**R. B. Furniture**
Susanville—**Robbins House of Furn.**
Sutter Creek—**Barron's of Sutter Creek**
Turlock—**McMahan's**
Turlock—**VRH Furniture**
Ukiah—**Arneson's Home Furnishings**
Ukiah—**McMahan's**
Vacaville—**Shock's Furniture**
Vallejo—**Self Service Furniture**
Watsonville—**Ford's Dept. Store**
Watsonville—**McMahan's**
Woodland—**McMahan's**
Woodland—**Western Auto**
Yreka—**Silverhart's Furniture**
Yuba City—**Evan's Furniture**
Yuba City—**McMahan's**

**UTAH**
Bountiful—**JCPenney**
Cedar City—**North East Furniture**
Ephriam—**Christiansen Furniture**
Logan—**Bob's Furniture Outlet**
Logan—**U & I Furniture**
Midvale—**Collett's Home Furniture**
Moab—**Moab Furniture & Hardware**
Ogden—**Collett's Home Furnishings**
Ogden—**JCPenney**
Ogden—**U & I Furniture**
Orem—**Brown Brothers Furniture**
Orem—**JCPenney**
Payson—**Spencer's Home Furnishings**
Price—**Bill's Home Furnishings**
Provo—**Granite Furniture**
Provo—**Murray Music**
Richfield—**Christiansen Furniture**
Riverton—**Mortensen's Furniture**
Roosevelt—**Sullivan's Furniture**
Salem—**Mel Hanks & Sons**
Salt Lake City—**Granite Furniture Co.**
Salt Lake City—**JCPenney**
Salt Lake City—**Leisure Living**
Springville—**Vaud Hanks & Son**
St. George—**Dixie Interiors**
Vernal—**Sullivan's Furniture**
Vernal—**Western Living**
Willard—**Blackers Furniture**

**ALASKA**
Anchorage—**Nerland's**
Fairbanks—**Nerland's**
Juneau—**Lyles Hdwe. & Furniture**
Ketchikan—**Tongass Trading Company**
Kodiak—**Ardinger**

**ARIZONA**
Casa Grande—**Fashion Furniture**
Chandler—**Havin's House**
Cottonwood—**Hi Lo Furniture**
Douglas—**Varela's Furniture**
Glendale—**The Big Tin Shed**
Lake Havasu City—**Chelsea House Furnishings**
Mesa—**Kerby's Furniture**
Phoenix—**Broadway Furniture**
Prescott—**Marler's Furniture**
Scottsdale—**Broadway Furniture**
Sierra Vista—**Varela's Furniture**
Tucson—**Apollo Carpets & Interiors**
Tucson—**Broadway Furniture**
Yuma—**McMahan's**

**CALIFORNIA**
Anaheim—**Broadway Furniture**
Arcadia—**Broadway Furniture**
Artesia—**The Antique Guild**
Auburn—**Hedman Furniture**
Bakersfield—**Broadway Furniture**
Bellflower—**Koopman's Furniture**
Buena Park—**Charles Walker Interiors**
Burbank—**Byrne Home Furnishings**
Canoga Park—**Broadway Furniture**
Carson—**Broadway Furniture**
Cerritos—**Broadway Furniture**
Chico—**Austin's Home Furnishings**
Chula Vista—**Broadway Furniture**
City Of Industry—**Broadway Furniture**
Coalinga—**McMahan's**
Corona—**Ray's Furniture**
Crescent City—**Baker & Stanton**
Dinuba—**Mathis & Bolinger**
Dinuba—**McMahan's**
Downey—**Broadway Furniture**
El Centro—**McMahan's**
Eureka—**Everybody's Furniture Mart**
Fillmore—**Ballard Furniture Store**
Fremont—**Connolly's Furniture**
Fremont—**Dicker Furniture**
Ft. Bragg—**Fort Bragg Furniture Mart**
Gardena—**Nader's Furniture**
Gilroy—**Rosso's Gilroy Furniture**
Glendale—**Seeley Furniture**
Glendale—**The Antique Guild**
Grass Valley—**Hedman Furniture**
Hanford—**McMahan's**
Hayward—**Crossroads**
Hayward—**Mapletown Furniture**
Hollister—**Black & Cooper Furniture**
Huntington Beach—**Broadway Furniture**
Irvine—**R. B. Furniture**
La Mesa—**Broadway Furniture**
Lakeport—**Lakeport Furniture**
Livermore—**Kamp's Furniture**
Lodi—**McMahan's**
Lompoc—**Lompoc Furniture**
Long Beach—**Broadway Furniture**
Los Angeles—**Broadway Furniture**
Los Angeles—**Eddie Gold Furniture**
Los Angeles—**The Antique Guild**
Los Angeles—**Wenger's**
Los Banos—**McMahan's**
Manteca—**McMahan's**
Montclair—**Broadway Furniture**
Montclair—**Koopman Brothers Furniture**
Napa—**Allen & Benedict**
Newport Beach—**Broadway Furniture**
Northridge—**Broadway Furniture**
Orange—**Black's Furniture**
Orange—**Broadway Furniture**
Orange—**The Antique Guild**
Pacific Grove—**McMahan's**
Pasadena—**Broadway Furniture**
Paso Robles—**Boatman's Furniture**
Pittsburg—**Lansafame Furniture**
Rancho Cordova—**Naturwood Furniture**
Red Bluff—**Family Furniture**
Redwood City—**Weinman's**
Riverside—**Broadway Furniture**
Salinas—**Standard Furniture**
San Anselmo—**Braverman's**
San Bernardino—**Broadway Furniture**
San Diego—**Broadway Furniture**
San Fernando—**Lee's Furniture**
San Leandro—**Lauper's Furniture**
San Ramon—**John Breuner**
Sanger—**McMahan's**
Santa Ana—**The Antique Guild**
Santa Clara—**Eastern Furniture**
Santa Cruz—**McMahan's**
Seaside—**McMahan's**
Selma—**McMahan's**
Sepulveda—**Lee Allan Associated**
Studio City—**The Antique Guild**
Torrance—**Broadway Furniture**
Torrance—**The Antique Guild**
Tulare—**McMahan's**
Vallejo—**Three Brothers Furniture**
Van Nuys—**Broadway Furniture**
Van Nuys—**Innerhouse Of Van Nuys**
Van Nuys—**M. M. Kerman**
Ventura—**Broadway Furniture**
Victorville—**Rodman's Home Furniture**
Vista—**The Wayside**
Watsonville—**McMahan's**
Weed—**Edgewood Custom Interiors**
West Covina—**Broadway Furniture**
Whittier—**Broadway Furniture**
Woodland—**The Antique Guild**

**IDAHO**
Blackfoot—**Blacker Appl. & Furniture**
Blackfoot—**Petersen Furniture**
Boise—**Carl Miller Furniture**
Boise—**Michael's Furniture Showplace**
Burley—**Skaggs Furniture**
Coeur D' Alene—**Runge Furniture**
Driggs—**Delmar's Furniture & Appl.**
Emmett—**Radke Furniture**
Gooding—**Skaggs Furniture & Appl.**
Grace—**Sander's Furniture & Appl.**
Idaho Falls—**Park Avenue**
Idaho Falls—**Van Kampens Inc.**
Lewiston—**Sylvan Furniture**
Moscow—**Brown's Furniture**
Nampa—**Hales Furniture & Appl.**
Pocatello—**Martin Furniture**
Preston—**U & I Furniture**
Salmon—**Furniture Mart**
Sandpoint—**Furniture Exchange**
Sugar City—**Sugar City Furniture & Hdwe.**
Twin Falls—**Blacker Furniture**
Twin Falls—**Cain's Inc.**

**NEVADA**
Elko—**Bodily's Furniture**
Ely—**Cononelos Furniture**
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La Grande—**Globe Furniture**
Medford—**Winan's Furniture**
Myrtle Point—**Henry Schroeder Furniture**
Newport—**Newport Home Furnishings**
Pendleton—**The Furniture Place**
Portland—**Byron's**
Portland—**Tele-Tronics Home Furnishings**
Rainier—**M. R. Sales**
Seaside—**Roehm's Furniture**
St. Helens—**Richardson's Furniture**
The Dalles—**Hampton Furniture**
Tigard—**Director's Furniture**
Tigard—**Ripley's Maple Shop**
Tillamook—**Weimer's Furniture**
Waldport—**J N Home Furnishings**
Woodburn—**Flomer Furniture & Appl.**

**UTAH**
Bountiful—**Lakewoods Home Furnishings**
Cedar City—**North East Furniture**
Ephraim—**Christiansen Furniture**
Logan—**Edward's Furniture**
Logan—**U & I Furniture**
Orem—**D. A. Taylor & Co.**
Murray—**Broadway Furniture**
Payson—**Spencer Home Furnishings**
Price—**Price Trading Company**
Richfield—**Christiansen Furniture**
Roosevelt—**Sullivan's Furniture**
Roy—**Sparrow's Showplace**
Salem—**Mel Hanks & Son**
Salt Lake City—**Granite Furniture**
Springville—**Vaud Hanks & Son**
St George—**Boulveard Furniture**
Syracuse—**R. C. Willey & Son**
Tremonton—**Northern Furniture**
Willard—**Blacker Furniture**

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Arlington—**Kraski's Town/Ranch Furniture**
Battle Ground—**Luoto's Furniture**
Bingen—**Mansfield Hardware**
Bremerton—**Arnold's Furniture**
Camas—**Camas Furniture**
Colville—**Egger's Furniture & Music**
East Wenatchee—**Allen Furniture**
Ellensburg—**Fitterer Brothers**
Federal Way—**Federal Way Furniture**
Lynden—**Alsum & Bode**
Lynnwood—**Macleod's Furniture**
Moses Lake—**Norm Staats Furniture**
Oak Harbor—**Haddon Furniture**
Olympia—**Koehler's Home Furnishings**
Pt. Angeles—**Angeles Furniture**
Puyallup—**Newell Hunt Furniture**
Quincy—**Royer's Home Furnishings**
Seattle—**Lundquist Furniture**
Seattle—**Olsen Furniture**
Seattle—**Sky Way Home Furnishings**
Sedro Woolley—**Bus Jungquist Furniture**
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Spokane—**Burgan's**
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# A BENTWOOD PATIO BENCH

## HAVE A SEAT, ENJOY YOUR YARD

**This sturdy redwood bench beckons backyard guests, offers rest for the weary weed-puller, and adds an attractive edger between patio and lawn.**

### ORIGINAL DESIGN

In need of extra seating for their frequent patio gatherings, Donna Abrego and Irene Harris designed a bench that's attractive and simple to build. The bench top, made of 1×2-inch redwood strips and spacers, curves gently along with the patio's edge. Concrete footings hold the posts in place for sturdiness.



PHOTOGRAPH: KIM BRUN, FIELD EDITOR: SHARON HAVEN

**Donna and Irene built their bench in a weekend for $160.**

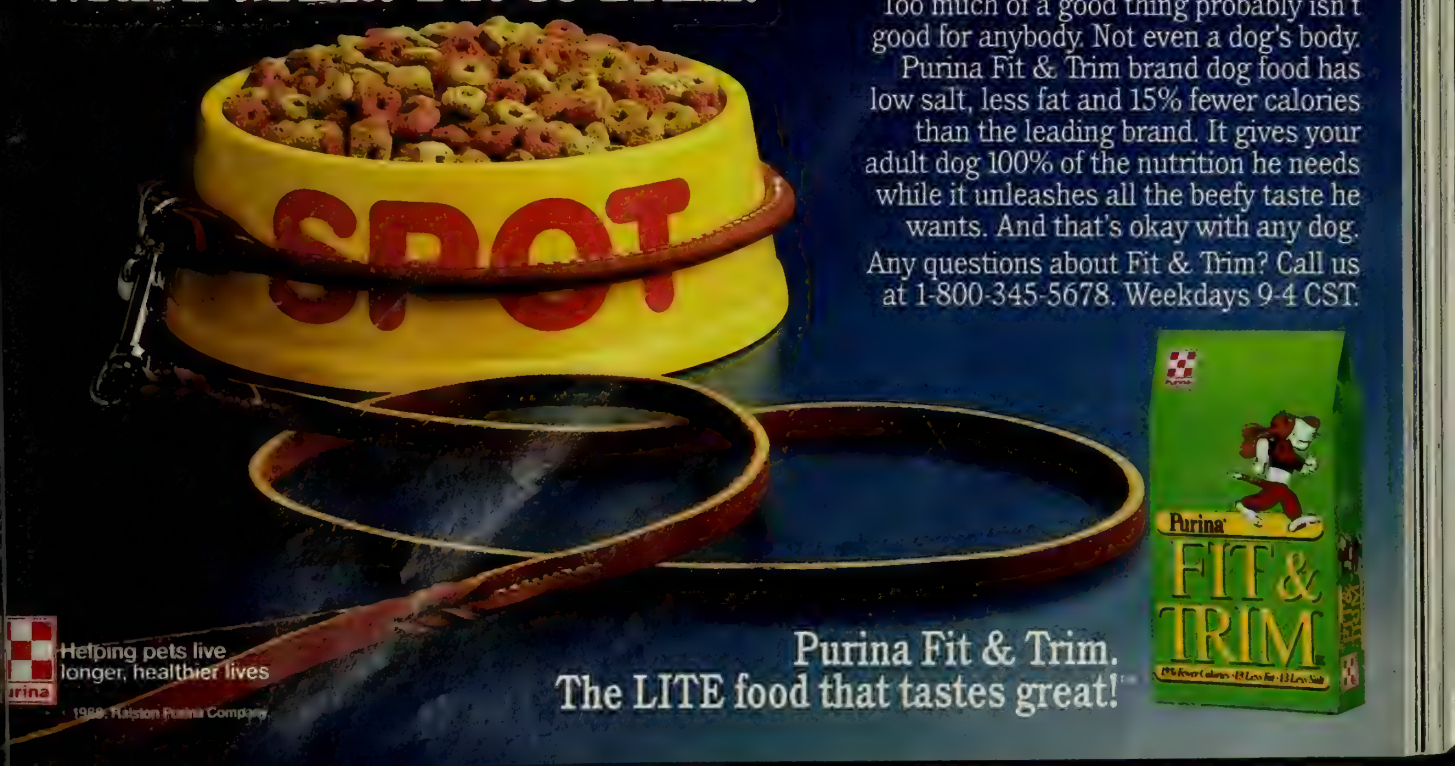
### HOW THEY DID IT

The women soaked the 1×2 strips in water for two days to make them pliable. Then they established the curve by bending the strips while nailing them to 2×4 horizontal braces attached to the posts. Black river stones hide the footings.

**To order Project Plan No. 50667 for bentwood patio bench,** send check or money order for $6.95 to: Better Homes and Gardens® Reader Service, Dept. 22N, Box 374, Des Moines, IA 50336.



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# SHARING THE AMERICAN DREAM

## GRASS-ROOTS INITIATIVES TO HOUSE US ALL

By Margaret Daly

**Throughout our nation, volunteers are taking up hammers and saws, communities are forging strong networks, businesses and individuals are investing funds and talent—all to provide safe shelter for low- and moderate-income households.**





COMMUNITY CORP. OF SANTA MONICA

**EYESORE.** Before rehab.

**HANDSOME REHAB.** This sprightly building was a fire-damaged disaster until rescued by the Community Corporation of Santa Monica. The market-rate rent on one apartment helps subsidize rents for low-income families in the others.

### The desperate need

Our country faces a housing crisis of immense proportions (see *Better Homes and Gardens®*, February 1988). Not only is the gap widening between those who own homes and those who cannot afford even a modest first home; millions of low-income families also are doomed to live in unsafe dwellings, where rents often exceed 50 percent of income. The rising count of the homeless, more and more of them families with small children, is stark evidence of this national disgrace.

Low-income-housing experts have watched the mounting crisis with alarm. Funds for housing the poor have been slashed from 7.4 percent of the federal budget down to less than 1 percent—$35 billion in 1980, $15 billion now. Over the next few years, up to 900,000 subsidized housing units will become eligible for reversion to market prices, threatening tenants with displacement. Tax-law changes have discouraged construction of affordable new rental housing.

We could see a shortfall of almost 8 million housing units for the poor within 15 years, according to the Neighborhood Reinvestment Corporation, a nonprofit, public organization that revitalizes housing and neighborhoods around the U.S. "People don't realize that this isn't just an inner-city slums problem," says one community organizer. "It also hits stable blue-collar neighborhoods and suburbs, rural families, young families, and the elderly."



VONNEE SLEIGHTER, HABITAT

**WORKING TOGETHER.** Volunteers labor side by side to build a new home for a low-income family in Georgia.

### Grass-roots ground swell

The good news is that awareness of the housing crisis is growing at last.

"There has been a surging of new ideas up from the bottom," says James W. Rouse, whose Maryland-based Enterprise Foundation develops housing for the poor with local business and government coalitions across the country. "We're seeing creative responses from state and city governments, churches, neighborhood groups, nonprofit organizations, builders, business and finance leaders."

No one who has tackled low-income housing issues head-on believes that local initiatives alone will solve the problem. But all agree there is hope in this grass-roots movement. Americans not only have a chance to help each other, their involvement is bound to reverberate to local and national legislators.

Here are just some examples of how you, your family, friends, business, church, and community group can add your energy and voices to the cause.

### Raising the barn together

In the best of our can-do, pioneering spirit, Americans from all walks of life are helping to create safe and affordable housing for low- and moderate-income families, the elderly, and other folks in need in urban, suburban, and rural areas. Dwellings may be new or

*continued on page 32.*



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DU PONT

*continued from page 30.*

rehabilitated, single-family homes or apartments, rental or for purchase.

*Note:* "Low-income" generally means a household earning 80 percent or less of the median income in an area; the really needy are identified as those earning less than 50 percent. "Moderate-income" may run from 80 percent up to 110 percent or so, depending on locale.

● **Habitat for Humanity** was founded 12 years ago by one-time millionaire Millard Fuller. This Christian, nonprofit organization uses volunteer workers, prospective homeowners, and donated materials to build or rehabilitate homes for needy families. Sometimes hundreds of volunteers erect a dozen or more new homes in one area in just days. "I didn't think I could hit a nail straight," said one volunteer, "but suddenly whole houses were standing. What a wonderful feeling!"

Each Habitat home is sold at cost to a poor family carefully selected by the community and Habitat. Mortgage payments run about $180 a month and are funneled right back into funds for other new homes. Habitat has housed more than 2,300 families already and anticipates another 2,000 in 1988. Donations help support the organization, which now has more than 240 projects under way in the U.S. and Canada and over 50 in 25 developing countries.

● **Community development corporations (CDCs)** lie at the heart of many successful housing programs. Designed to help low-income neighborhoods with both jobs and housing, these nonprofit organizations evolved in the '60s and '70s, often from church or block organizations, and have risen to sophisticated maturity in the '80s.

Volunteers, such as church and business leaders, serve on CDC boards. There generally is a small, professional staff as well—dedicated, hardworking, often ill paid, and skilled in dealing with everyone from suspicious property owners and zoning boards to corporate finance officers and politicians.

Local businesses and citizens contribute funds and expertise. So do many foundations, major corporations like Aetna and General Electric, and such national groups as the Local Initiative Support Corporation (LISC), created by the Ford Foundation to help CDCs.

"Our strength lies in the fact that we're really nonprofit entrepreneurs," says Neal Richman, executive director of the Community Corporation of Santa Monica, California. "We combine the public purpose of government with the flexibility and initiative of the private sector, and we're directly accountable to the community."

Many community groups now take on property management as well as construction. "That helps us control costs better," says Frances Wagstaff, of the Mid-Peninsula Housing Coalition, which builds affordable housing for the elderly and poor and moderate-income families who live in California's expensive Silicon Valley.

Reviving local business to create jobs is critical, too. "You can't just provide housing. You have to revitalize the whole community," says Dennis West, director of Indianapolis' Eastside Community Investments, Inc., which works with neighborhood business people and runs its own venture capital corporation to invest locally.

● **Local and state governments** have become increasingly involved. Massachusetts, California, Illinois, and Kentucky are among the leaders, offering a great variety of financing and technical assistance and promoting legislation. Cities like Santa Monica, San Francisco, and Bridgeport, Connecticut, help with local regulations—for example, builders of new commercial properties must contribute funds or property.



MID-PENINSULA HOUSING COALITION

**HOMES FOR THE ELDERLY.** Crescent Terrace, built and managed by the Mid-Peninsula Housing Coalition in California's high-priced Silicon Valley, provides 48 one-bedroom rental units for seniors with low and moderate incomes.

## Recycling assets

A key to many programs is the realization that safe, dependable shelter—not profit—is the prime concern of the poor, who so often are at the mercy of landlords, urban gentrification (rehabilitations that raise prices and rents), and other forces. Says Karen Pleas, whose family was evicted from a rental home when it was sold, "I wanted to own instead of rent because I didn't want my family to be displaced again." Thanks to the South Atlanta Land Trust (SALT), Karen now lives in her own home with her two children and a niece and nephew placed under her guardianship when her sister was killed last year.

***"I wanted to own a home this time instead of rent. I didn't want my family to be displaced again."***

As a **community land trust,** SALT buys rundown homes, rehabs them, and brings younger families into

*continued on page 34.*



VONNEE SLEIGHTER-HABITAT

**LEARNING FIRSTHAND.** Neighborhood kids are fascinated as new, low-cost homes emerge in just days, thanks to volunteer workers.

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Your choice **$5.44**



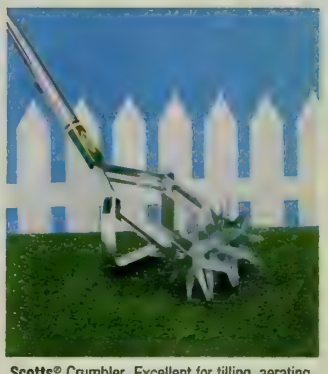
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*Gavin MacLeod*

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# SUMMER FLOWERS

By Douglas A. Jimerson



Even a tiny flower garden will provide you with armloads of cut flowers all summer long.



PHOTOGRAPH: MIKE JENSEN. FIELD EDITOR: TRISH MAHARAM

When you add bedding plants like alyssum, dianthus, impatiens, and geranium to your garden, you don't have to wait long for bumper crops of blooms.

**PLUS:**
**GARDEN TIPS AND TECHNIQUES FOR A PERFECT BORDER**



## Easy-Care Bedding Plants For Color Where You Want It

This summer create the flower garden of your dreams with a variety of brilliant bedding plants. Almost overnight these ready-to-bloom annual seedlings will fill your yard with color. Plant now and enjoy flowers right up till frost.

# SUMMER FLOWERS

**Every spring nurseries brim with choice bedding plants. Select short, bright green specimens.**

Good soil preparation is the key to a beautiful flower garden. Always spade or till before you plant and add as much organic matter to the soil as possible.

After planting, mulch your flowers with several inches of grass clippings, shredded bark, or straw.

Young plants need water every day during dry spells.



PHOTOGRAPH: SUSAN GILMORE. FIELD EDITOR: PATRICIA CARPENTER. GARDEN DESIGN: LEO CASANOVA

**Raised beds transformed a sloping corner lot (*right*) into a bonanza of beautiful bedding plants.**



PHOTOGRAPHS: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

**Treat yourself to a bedding plant bouquet. This one contains stocks, snapdragons, lisianthus, and celosia.**

## GARDEN TIPS

### A QUICK QUIZ FOR BEDDING PLANT SHOPPERS



**Q:** ***Which of the packs (above) will produce the most flowers?***

**A:** The stocky petunias on the left will outbloom their leggy cousins on the right.



**Q:** ***Which of the packs (above) is the better value?***

**A:** The four-pack on the right. Its healthy plants will grow faster than the tangled crowd on the left.

### 1 LINE A PATH OR DRIVEWAY

Plant annual flowers where you can enjoy them the most. This bed of ageratum and petunias grows at the driveway edge where it's always in view.

### 2 MIX VARIETIES FOR IMPACT

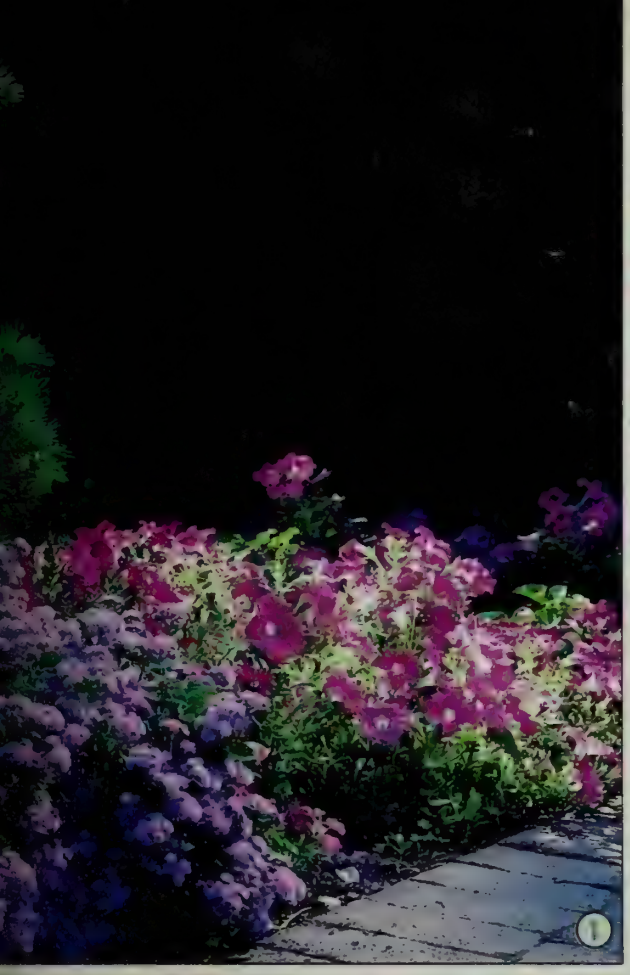
For an old-fashioned look, try a crazy quilt mixture of flower colors. Here, red, purple, and rose verbena, pink snapdragons, and red Klondike cosmos thrive.

### 3 ENJOY COLOR AND FRAGRANCE

Adding fragrant bedding plants, like these Giant Imperial stocks, to your garden plan makes good scents. Other choices include pinks, alyssum, nicotiana, petunia, and heliotrope.

### 4 MASS BOLD DRIFTS OF COLOR

Instead of lining up your bedding plants in long narrow rows, crowd them into blocks of brilliance. This red, white, and blue garden brims with fibrous begonias and ageratum.


1


2


3


4

# SUMMER FLOWERS

**Check the label before you buy bedding plants. It will tell you if the plant prefers sun or shade.**

GARDEN TIP

### TANGLED ROOTS



PETER KRUMHARDT

If bedding plant roots are tangled, pull them apart before planting.



PHOTOGRAPH: MIKE JENSEN. FIELD EDITOR: TRISH MAHARAM

Easy-care flowers like lobelia, marigold, dusty miller, petunia, and geranium create a fuss-free front garden (*right*).



PHOTOGRAPH: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

Fill your favorite vase with dahlias, zinnias, snapdragons, marigolds, salvias, and dusty miller.

GARDEN TIPS

### BEDDING PLANT HOW-TO



Space bedding plants 8 to 12 inches apart. Don't overplant.



PETER KRUMHARDT

Within a few weeks your flowers will fill in completely.

### 1 PACK A WINDOW BOX WITH BLOOM

A bloom-filled window box improves the view. This second-story creation holds lavender verbena, lotus vine, trailing lobelia, petunia, and schizanthus.

### 2 ADD COLOR TO THE FRONT YARD

Bedding plants can turn a frumpy front yard into a festival of flowers. Marigolds, dwarf salvia, and two varieties of alyssum fill this traffic-stopping border.

PHOTOGRAPH: MIKE JENSEN. FIELD EDITOR: TRISH MAHARAM

### 3 GROW FLOWERS IN THE SHADE

Brighten the north side of your house with shade-loving annual flowers. Here, a cheerful mix of impatiens and Rainbow coleus camouflages a once-bare foundation.

### 4 SET SHORT PLANTS IN FRONT

Choose low-growing bedding plants to edge garden borders. We used Yellow Boy marigolds, Purple Robe nierembergia, and Nicki Hybrid nicotiana in our Test Garden.

PHOTOGRAPH: SUSAN GILMORE. FIELD EDITOR: PATRICIA CARPENTER

PHOTOGRAPH, KARLIS GRANTS. FIELD EDITOR, CATHY HOWARD

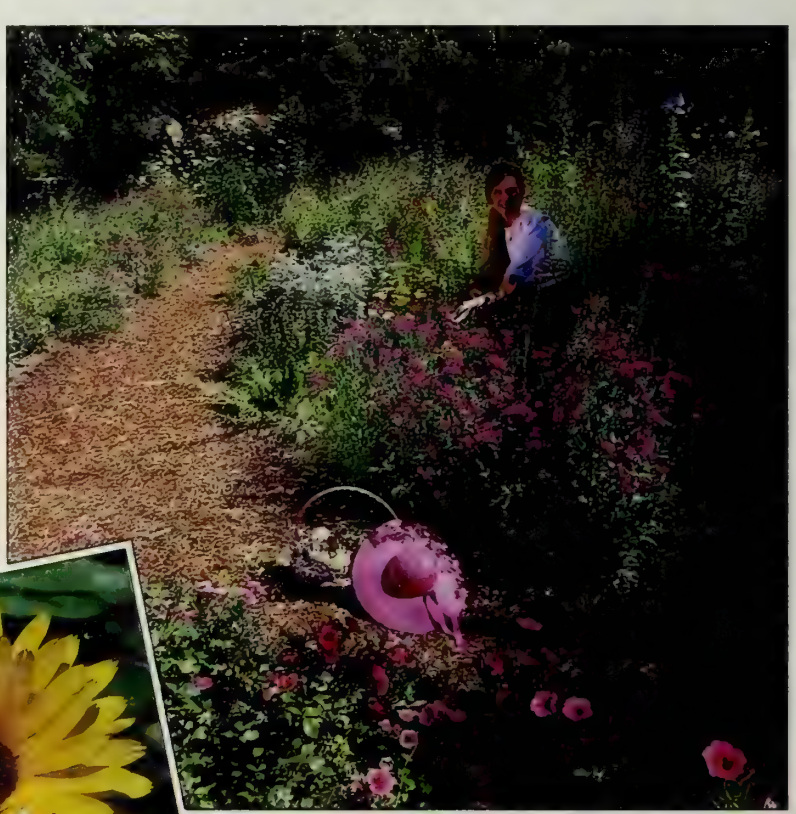




PETER KRUMHARDT

# WILDFLOWER GARDENS

By Jane Austin McKeon



Karen Kees surrounds herself with nature's flowers.



**CARE-FREE COLOR** Annual flowers like the calendula are as care-free as a meadow breeze and as adaptable as a prairie pioneer.

## GROWING A BACKYARD MEADOW FOR BLOOMS ALL SUMMER

Consider the flowers of the field when you're gardening this spring. Karen Kees, our *Better Homes and Gardens*® southwestern test gardener, grew a meadow in her San Diego yard last summer to show us that nature's bouquet is worth taming.

PHOTOGRAPHS: KIM BRUN. FIELD EDITOR: SHARON HAVEN


BETTER HOMES AND GARDENS MAY 1988

*continued from page 45.*

## All-Season Color

The warm California climate lets Karen plant in early spring, but add a month to the dates below if you live in the North.



***"Nostalgia for the wildflowers of my childhood inspired me to grow a mini-meadow."***

**—KAREN KEES**




### EARLY SIGNS OF LIFE

Seedlings sprouted within a week of sowing. Statice, sweet pea, annual phlox, and nemesia brighten the early growth.




### FIRST FLUSH OF BLOOM

Warm May weather coaxed color from larkspur, blazing star, baby's-breath, linaria, and Queen-Anne's-lace.




### SECOND FLUSH OF BLOOM

The brilliant red flowers of Flanders poppy, annual phlox, and scarlet flax filled in as the center-stage attraction.




### FINAL FLUSH OF BLOOM

Late-season hues of yellows and pinks explode from black-eyed susan, sanvitalia, clarkia, and lychnis.

*continued on page 48.*

# Is it true a woman can become pregnant only one time a month?

## FIRST RESPONSE® answers intimate questions for women.

It's true. A woman can conceive only when she ovulates. That normally happens just one time a month and sexual intercourse must be planned for that time. Timing is critical because a woman's egg lives only about 24 hours after ovulation, while a man's sperm can survive up to 72 hours. FIRST RESPONSE® Ovulation Predictor Test helps a woman predict the right time to conceive.*



**Can a couple decide to have a winter or spring baby?**

It is possible to plan your pregnancy. Normally, it takes 4 to 6 months to conceive and this can make planning difficult. The FIRST RESPONSE Ovulation Predictor Test helps in timing conception, since it detects the hormone that triggers ovulation. This lets a woman know when her egg can be fertilized.

**How does FIRST RESPONSE Ovulation Predictor Test compare with basal body temperature charts?**

FIRST RESPONSE is superior to the temperature chart method, because it predicts ovulation before it happens. The temperature chart method indicates that ovulation has already occurred, which may be too late for you and your husband to conceive. And, with FIRST RESPONSE you only test for 6 to 9 days. With temperature charts you must test daily.

**How early can a woman find out if she is pregnant or not?**

A woman can know on the day her period is due by using the FIRST RESPONSE® Pregnancy Test. It is so sensitive, it can detect very small amounts of the pregnancy hormone. No other home test can be used earlier.

**Why is the FIRST RESPONSE Pregnancy Test better than other home pregnancy tests?**

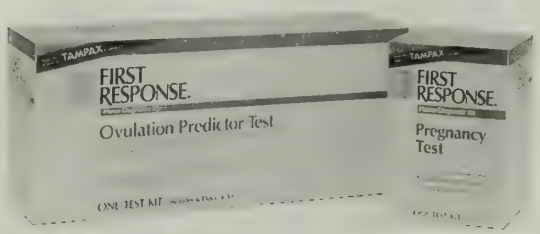
FIRST RESPONSE is the fastest home pregnancy test. It gives you a "yes" or "no" result in just 10 minutes: turns blue for pregnant; stays clear for not pregnant. And you can test any time of day.

**What do doctors say about testing with FIRST RESPONSE?**

More and more doctors are recommending the FIRST RESPONSE Ovulation Predictor Test to women who want to conceive.

Doctors also believe early pregnancy testing lets a woman take better care of her unborn baby. The FIRST RESPONSE Pregnancy Test is 99% accurate in laboratory testing. And since it is done at home, you can have a reliable answer sooner.

*Questions? Call toll free 1-800-523-0014.*




FIRST RESPONSE®
HOME DIAGNOSTIC KITS

**One test is worth a thousand guesses.**

FIRST RESPONSE, TAMPAX and the Human Figure Design are registered trademarks of Tambrands Inc., Lake Success, NY 11042 © 1988 Tambrands Inc.

*FIRST RESPONSE® Ovulation Predictor Test is not effective as a contraceptive.

From the maker of TAMPAX® Lamprom

*continued from page 46.*

## Creating Your Own Meadow

Wildflowers are accustomed to large, open spaces, but they'll be just as much at home in a small, sunny place in your backyard. To design a miniature meadow, outline the area with clothesline. Once you arrive at a pleasing shape, trace the outline with bonemeal. From there, all you have to do is prepare the soil, sow your seed, and water and weed.



### EARLY SPRING

Waiting until the threat of frost is past ensures warm soil conditions for good wildflower seed germination.



### EARLY SUMMER

Faithful weeding nurtures midseason bloom from yarrow, Flanders poppy, red flax, lychnis, and clary sage.



### LATE SUMMER

Regular watering prolongs the flowering of red flax, baby's-breath, Flanders poppy, yarrow, and linaria.



### EARLY FALL

Many flowers are still blooming while others go to seed. Let nature take its course to ensure more blooms next year.

*continued on page 50.*

# Why Marie's always has a date.




Ordinary dressings never have one. But there's nothing ordinary about Marie's.

You can't buy a better tasting dressing. Or one that's fresher, thicker or richer.

That's why every jar of Marie's is dated for freshness. And refrigerated in the produce section. Right next to the crisp, fresh salad ingredients that deserve nothing less than a dressing like this.

Marie's. And Marie's Lite.

They make every salad an extraordinary salad. And make every other dressing outdated.

Marie's. Because your dressing should taste as fresh as your salad.

Not available in all areas. © 1988 Specialty Brands

*continued from page 48.*

## How to Prepare and Plant the Site For a Backyard Meadow



- Spade or till the site to a depth of 8 or 9 inches, removing weeds as you work (*left*). Mix in composted manure to improve soil fertility.



- Provide water. Karen installed a sprinkler system with underground PVC pipe (*left*), but a portable sprinkler will work just as well.



- Remove topsoil from perimeter paths and mound it into a raised bed with tapered sides. Rake the soil (*left*) to make a smooth seedbed.



- Mix seeds with sand for even distribution; scatter by hand (*left*). Barely cover seeds with soil. Keep soil moist for germination.

**To order a wildflower seed mix, turn to page 168.**

## Ordering Wildflower Seed Mixes Through the Mail



Commercial seed mixes are tailored to specific regions. Most mixes contain seeds of native flowers as well as seeds of species that adapt to almost any climate. Annuals will predominate the first season, letting perennials establish for following years.

- Applewood Seed Co., 5380 Vivian St., Arvada, CO 80002.
- W. Atlee Burpee Co., Warminster, PA 18991.
- High Altitude Gardens, P.O. Box 4238, Ketchum, ID 83340.
- Moon Mountain, P.O. Box 34, Morro Bay, CA 93442.
- Park Seed Co., P.O. Box 31, Greenwood, SC 29647.
- Clyde Robin Seed Co., P.O. Box 2366, Castro Valley, CA 94546.
- Vermont Wildflower Farm, P.O. Box 5, Rte. 7, Charlotte, VT 05445-0005.

# The beautiful colors of Color Tile.



At Color Tile, we can show you so many different ways to make your dream rooms come true. From our lustrous ceramics to our sparkling mosaics to handsome versatile vinyls, you'll find endless possibilities for decorating and design.

There's even elegant wood parquet flooring and new designer wallcoverings. It's all waiting for you at Color Tile and always at most attractive prices.

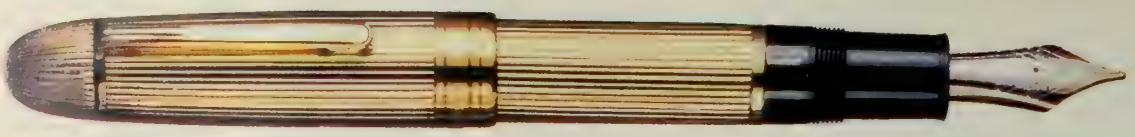
## Bring the Beauty Home.

COLOR TILE

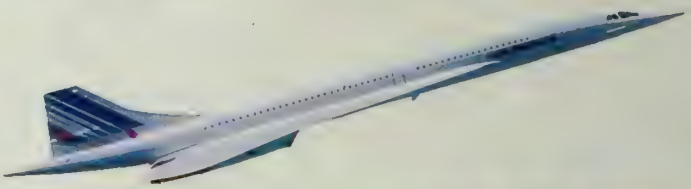
Bring this ad with you and get 15% off any regularly priced tile, wallcovering, or other instock merchandise at Color Tile.
Cannot be used in conjunction with any other offer. *Shown: Liberty Blue, AC Cadet Blue Ceramic Floor Tiles, Mosaic Tile KLM-14.*

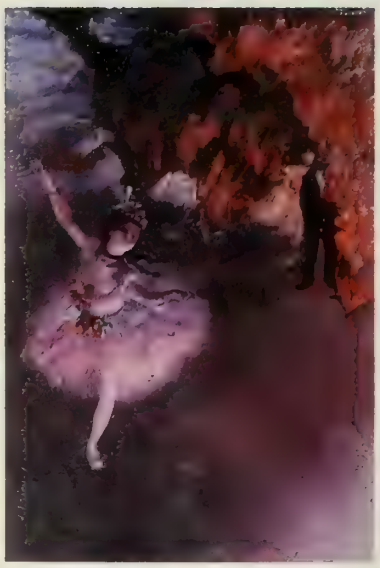

"Every man who is high up likes to think that he has done it all himself, and the wife smiles and lets it go at that."
Sir James Matthew Barrie
You've come a long way, baby.
© Philip Morris Inc. 1988
8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Feb.'85.
SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

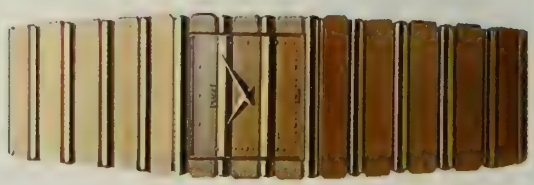
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# Even if you can't afford the best of everything, you can afford the best of one thing.

Red Devil. The best little paints and stains in the world.

# GARDENER'S LOG

## IT'S LILAC TIME

*Savor the scents of spring*



PHOTOGRAPH: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

**Fragrant flowers on this lilac reward passersby.**

Lilac blossoms are the true essence of spring. A May-flowering lilac brings classic beauty and fragrance to this front entry garden (*above*). Follow these timely tips for enjoying lilacs in your own yard.

- **Plant potted nursery-grown lilacs** this month in a sunny area. Enrich soil with organic matter, such as compost or well-rotted manure. For a hedge, space plants 6 to 12 feet apart, depending on their mature size.
- **Prune established lilac bushes** in early summer (after the blossoms fade) to encourage more blooming the following year. Thin out old, nonflowering branches by cutting them to within 4 inches of ground level.

*continued on page 56.*

## GOOD NEWS FOR GARDENERS

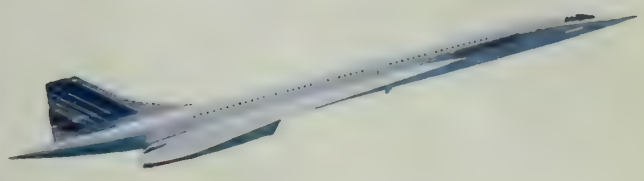
### HOME GARDEN CRITTER CONTROL

RO-PEL is a bitter-tasting substance that, when sprayed on plants, safely repels pests like birds, rabbits, and deer. For more information, write to Burlington Bio-Medical & Scientific Corp., 91 Carolyn Blvd., Farmingdale, NY 11735-1527.




BURLINGTON


# Win a week in Paris for two, via Concorde, in the Red Devil "Best Of Everything" Sweepstakes.



## Grand Prize

**Deluxe week in Paris for 2 via Air France Concorde.**

Includes round-trip airfare, deluxe hotel accommodations (land package provided by Jet Vacations) plus $1,000 cash.

## 5 First Prizes

$1,000 to buy the best of everything at the store where you buy Red Devil paints and stains.

## 25 Second Prizes

$100 to buy the best of everything at your Red Devil dealer.

## 250 Third Prizes

$10 to buy the best of everything at your Red Devil dealer.

## $10,000 Bonus

Include the UPC number from any Red Devil can on your entry and if you are the Grand Prize winner, you'll also receive $10,000 cash.

## To Enter

Visit any store where Red Devil paints and stains are sold and complete the information on the Official Entry Form.

**OFFICIAL RULES. NO PURCHASE NECESSARY.** 1. To enter the RED DEVIL "BEST OF EVERYTHING" SWEEPSTAKES, complete the entry form. Or handprint on a 3" x 5" card your name, address, zip code, three Red Devil products (include 1 Red Devil UPC number to qualify for Bonus) plus the store/location where you buy Red Devil and mail to: RED DEVIL "BEST OF EVERYTHING" SWEEPSTAKES, P.O. Box 1584, N. Plainfield, NJ 07061. Enter as often as you wish, but entries must be mailed separately via first class mail and received by 9/30/88. 2. 281 Prizes awarded: 1 Grand Prize – 7-day, 6-night trip for 2 to Paris, France, including round-trip airfare, deluxe hotel accommodations (1 room), $1,000 spending money (ret. val.: $14,500). 5 First Prizes – $1,000 store certificate; 25 Second Prizes – $100 store certificate; 250 Third Prizes – $10 store certificate. Certificates valid only at store indicated on entry. Trip must be taken between 11/1/88 and 3/31/89. Departure dates subject to availability. $10,000 BONUS PRIZE awarded to Grand Prize winner if entry includes UPC number from any Red Devil product. 3. Winners selected in random drawing by 10/31/88 by PROMOTION DYNAMICS WORLDWIDE, whose decisions are final. Odds of winning depend on number of eligible entries received. 4. Sweepstakes open to U.S. residents 18 years or older, except employees and immediate families of The Red Devil Company, its parent company, subsidiaries and advertising/promotion agencies. 5. Winners notified by mail by 11/30/88 and may be required to execute affidavits of eligibility and advertising release. In event of noncompliance, within 14 days of notification, alternate winners will be notified. Limit one prize per household. No substitution or transfer of prizes. Taxes on prizes are responsibility of winners. Void where prohibited. 6. For list of major prize winners, send stamped, self-addressed envelope by 9/30/88 to: RED DEVIL WINNERS LIST, P.O. Box 1536, N. Plainfield, NJ 07061. No responsibility assumed for late, lost or misdirected mail.

OFFICIAL ENTRY FORM. Mail to: B
**Red Devil "Best of Everything" Sweepstakes**
P.O. Box 1584, North Plainfield, NJ 07061.

No purchase necessary. See official rules for details.
Entries must be received by 9/30/88. Please Print.

List any three Red Devil Products:

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I buy Red Devil paints and stains at (Store and address)

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UPC number of any Red Devil product:
(To qualify for $10,000 cash bonus)_____

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____




Red Devil. The best little paints and stains in the world.




## EARLY-BIRD BLOSSOMS FOR COOL-SEASON COLOR

*The darling buds of May*



PHOTOGRAPH MIKE JENSEN; FIELD EDITOR: TRISH MAHARAM

**Fill a window box with pansies.**



PETER KRUMHARDT

**Combine pansies with spring bulbs.**

Pansies are as wonderfully reliable as rain showers this time of year. Because pansies bloom best in cool weather, you can grow them outdoors before planting any of the more frost-tender annual bedding plants.

Plant a bunch of pansies in pots or in front of flowering bulbs (as shown *above*). Once temperatures rise, simply replace them with more heat-resistant flowers. Other good cool-season annuals include sweet alyssum, calendula, candytuft, lobelia, and sweet pea.

## GARDENER'S LOG

*continued from page 55.*

### FLOWER INTRODUCTION

*A bright, new shining star*

Sapphire-blue blossoms with sunny-yellow centers smother the new Blue Bird nolana (*right*). Growing only 6 inches tall, this creeping annual will bloom all summer at the edge of a sunny flower border. You can sow seeds of nolana outdoors this month. For seeds, write to Park Seed Co., Cokesbury Rd., Greenwood, SC 29647-0001.



PETER KRUMHARDT

**Blue Bird nolana.**

### GARDEN SURVEY

Gardening is an all-American pastime. According to the 1987 Gallup Poll on gardening, 78 percent of all U.S. households participate in one or more forms of lawn and garden activity.

# Some Hefty users are a little rougher than others.




## Introducing Hefty Cinch Sak® with the super-strong strap.

And since it's a thicker strap, the Super Cinch can take all the tugging, twisting and tying you can dish out.

So if you've got a hefty load, don't grab a wimpy bag that's hard to handle. Get the Cinch Sak with the new Super Cinch, and make trash a cinch to close, a cinch to lift and a cinch to carry.




Mobil 1988

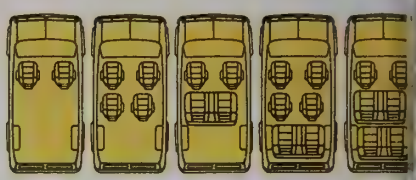
# YES, YO

## CHEVY ASTRO

The van that can lets you and your family do things that are a no-no in smaller, less powerful mini-vans.

**Yes, you can enjoy the biggest V6 in any van as standard.**
Astro Passenger Van's fuel-injected 4.3 Liter Vortec V6 is the biggest V6 you can get in any size van. With 150 horsepower, Vortec V6 is easily the most powerful engine in Astro's class. And it's standard.

**Yes, you can tow up to three tons.**
Rear-drive Astro has up to 6,000 lbs. of towing capacity available when properly equipped, including passengers, cargo and trailer. That's more than any Ford, Dodge or Plymouth mini-van.



**Yes, you can seat up to eight.**
Astro offers available seating for up to eight on all trim levels. You can fold down o snap-release the middle and




Built-Ground Chevy ever. 5-year/50,000-mile limited basic warranty protection and 6 years or 100,000 miles of outer-body rust-through protection. Solid proof of the quality built into every new 1991 Chevy Astro.

# U CAN.

vailable rear seat for many cargo and seating arrangements. Or, you can take command with available high-back captain's chairs in front and amidship.

**Yes, you can have up to 151.8 cu. ft. of cargo room:***

Astro is compact enough for a family garage. Yet it lets you pack a load that won't fit an Aerostar or even a Dodge Grand Caravan or Plymouth Grand Voyager.

**Yes, you can...yes, you can...yes, you can.**

Astro also lets you swing-out the rear doors. Load through a bigger side door opening than Ford, Dodge or Plymouth mini-vans. Tour with the largest optional fuel tank in a mini-van: 27 gallons.

So why buy a no-you-can't van? Think positively and test drive the liberating world of room, power and comfort in Chevy Astro. It really is the van that can.

Comparisons based on latest available data.
*With rear seats removed.



THE Heartbeat OF AMERICA TODAY'S CHEVY TRUCK

# FOREIGN LANGUAGES

## CRITICAL SKILLS FOR YOUR CHILD'S FUTURE

By Mary Conroy

**When Donna Gallery Bauer studied French in college, she planned to teach. But by the time she graduated, jobs were scarce. Bauer didn't let that stop her, though. She landed a job on the French desk of First National Bank of Chicago—a job that launched her international banking career.**




JOE DI DIO

French is a snap for first-graders.

### Money spoken here

Bauer is just one of many who've found that learning a language translates into money in their pockets. Yet business executives say there are all too few Americans like her. According to the American Institute for Foreign Study, only 15 percent of all U.S. high school students ever study a foreign language. And less than 3 percent of high school graduates become competent in a foreign tongue.

Do languages really matter? Teachers and executives say so. The benefits:

- **Admission to a prestigious college.** Students who study foreign languages score better on SATs than students without those skills, says Anne Grosso of the College Board. Experts think that's because these students learned more grammar and vocabulary in language classes.
- **Better jobs.** Languages give kids an edge in the job market, says Dick Treman, an economics teacher who leads study tours abroad. Why? "Because our world is much smaller today and our contacts are greater than ever before, in cultural, economic, and political relationships," Treman says. "You can't do business around the world without understanding the client."
- **Business savvy.** Executives are all too familiar with the costly gaffes employees make abroad when they don't know the language. For instance, when Parker Pen Company tried to advertise abroad that leaks could be avoided, its ads said that the pens would prevent unwanted pregnancies.
- **Appreciation for other cultures.** Language classes teach students the subtleties of other cultures, says Michael Herrick, who teaches Japanese at Long Beach Poly High School. "When Americans meet the Japanese on a business deal, we go over there thinking that in a few weeks, we'll nail down a contract," he says. "But the Japanese don't look at contracts the way we do. The first thing they look for is a personal relationship. They wonder, 'Can I trust this guy?' "
- **A richer life.** Although many Americans go abroad without ever learning a foreign tongue, Herrick says they're missing out on a heartwarming experience. Learning a little German before a recent trip allowed him to make lasting friendships. Dr. Rose Hayden, vice president of JEM Communications, adds that knowing some German helped her understand complicated negotiations on a business trip.

### PARLAYING LANGUAGES INTO PROFITS

In today's global economy, language literacy is no longer a luxury. It could mean a decent job and better pay for your children. Consider these statistics:

- **One-third** of all the corporations in the United States are either owned or based abroad.
- **More than 6,000** American companies have at least some of their operations abroad.
- **One out of every six** production jobs in the United States depends on foreign trade.
- **More than five million** current jobs in the United States rely on imports and exports.
- **Four out of five** new jobs in the United States are created as a result of foreign trade.

Sources: International Westinghouse Electric Corporation and American Institute for Foreign Study.

### Which language?

Some educators say that the difficulty of any language depends on the person learning it. In general, however, languages with alphabets like ours are easier to learn. According to the Foreign Service Institute of the U.S. State Department, French, Spanish, Portuguese, German, and Italian are the easiest languages for American students.

In contrast, Asian languages are far more difficult, but worth the effort. Because most kids shy away from these languages, those who do master them are rare indeed—and their chances for jobs increase as a result. That trend will continue as we do even more business in the Orient.

### When should your child start?

The earlier, the better. Children learn languages best before age 12. After that time, chemical changes in the

*continued on page 64.*

# YOU WOULDN'T FEED THIS BABY GROWN-UP FOOD...



# SO WHY FEED IT TO THIS BABY?

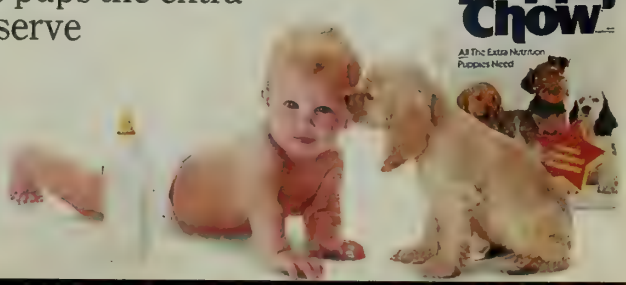


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# Kids are brighter than they used to be.



## FOREIGN LANGUAGES

*continued from page 62.*

brain make it just as difficult for your child to learn a language as it is for you. Young children have an added psychological advantage: They're more flexible than adolescents, says French teacher Donna Gouin of Oak View Elementary in Montgomery County, Maryland. "When you're 5, everything is new—you take everything in stride. So the fact that the classes are in another language doesn't matter," Gouin insists. "Kindergartners feel more comfortable taking risks than junior high students."

Experts also say that fluency comes with daily practice over several years. With 20-minute French classes every day, your child will learn more than with two 50-minute classes per week.

### What are schools doing?

The days of endless grammar exercises and laborious translations are over. Language classes have changed. New offerings of local schools are:

**Immersion classes.** In this approach, children hear and use only the foreign language all day. Based on successful Canadian programs, these classes aim for fluency rather than mere familiarity. Total immersion students take all classes in the foreign language; partial immersion students may have classes in Spanish in the morning, with classes in English in the afternoon.

Oak View eases first graders into immersion. Gouin always uses French, but pupils may speak English until November 30. After that, it's French only. "We have just as much chattering December 1 as November 30," Gouin says, "only it's in another language."

If you're worried that immersion will interfere with the three R's, relax. By the end of grade 5, Oak View students' achievement test scores are on a par with national norms. But by that time, Oak View students are using French not only in class, but also at home.

**Conversation classes.** Although not as intensive as immersion programs, these classes have won favor over the old translation method. By emphasizing listening and speaking, students learn what really counts: everyday German or Italian, instead of words from arcane novels.

**Audiotapes.** For many students, tapes provide their only exposure to native inflection and pronunciation. Tapes used in schools cover as many as four years of classes. Cassettes sold in bookstores offer only a few hours of instruction and range in price from $8.95 to $17.95. For more complete programs that range from $65 to $165, see below.

**Computer programs.** The latest in software supplements instruction from a teacher. Although most foreign language computer programs only assist your child in reading and writing, they do add novelty and instant feedback to normally routine grammar drills. Pro-

Among the tapes suppliers are: Audio-Forum, 96 Broad St., Suite RCC104, Guilford, CT 06437. National AudioVisual Center, 8700 Edgeworth Dr., Dept. BHG, Capitol Heights, MD 20743-3701. Spoken Language Services, P.O. Box 783, Dept. BHG, Ithaca, NY 14851.

grams available in local bookstores usually range from $17.95 to $26.95.

## Alternative approaches

Your neighborhood school may offer top-notch programs, but don't forget about these other options:

**Study abroad.** Most educators agree that the best place to learn languages is in a foreign country. However, students who study abroad return with more than just improved language skills. "There's a definite difference in attitudes: They're far more tolerant," says Treman. "And within just one month, there's a real change in their maturity levels."

Study abroad programs range from a few weeks to an entire year. But tour operators vary considerably. Before you pay for a tour that may not materialize, write for the guide from the Council on Standards for International Educational Travel.

**Native intelligence.** Even students who've lived abroad get rusty if they don't continue speaking the language back home. Native tutors can help them keep on learning.

Some families hire an au pair—a young adult from a foreign country who assumes some child care and light household responsibilities in exchange for room, board, and pocket money. If your children are adolescents, you might consider sending them abroad as au pairs instead.

**Magnet schools and specialty programs.** Many school districts have established specialty schools that focus on foreign languages. Other districts, like Long Beach, offer schools-within-a-school that emphasize languages. In Atlanta, the North Fulton Center for International Studies offers two programs. The International Business Program prepares students for careers in international commerce. Gifted students may earn college credit via the International Baccalaureate Program.

**Language camps.** Like total immersion programs in the schools, these summer camps expect students to speak and listen to the foreign language all day long. In addition, they include such cultural activities as foreign films, ethnic meals, and traditional dance lessons. Check *Learning Vacations* (below) for details.

"Advisory List of International Educational Travel and Exchange Programs," CSIET, Dept. BHG, 1906 Association Dr., Reston, VA 22091.

American Institute for Foreign Study, High School Programs or Au Pair in America, Dept. BHG, 100 Greenwich Ave., Greenwich, CT 06830.

*Learning Vacations*, by Gerson G. Eisenberg, fifth edition, Peterson's Guides, $9.95.







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# HEALTH MYTHS THAT CAN KILL YOU

By Michael Oppenheim, M.D.

**"I've learned through long experience that most popular health beliefs are wrong—or at least wildly exaggerated. A few of these popular notions contain a kernel of truth; unfortunately, others are positively dangerous. Here's the real story behind some of these myths."**

*—Michael Oppenheim is a Los Angeles-based physician who refuses to believe everything he hears.*



**MYTH: Taking two pills is better than taking one.**

**FACT:** Sometimes this is true, but it's a dangerous rule. The problem is that, beyond the recommended dose, the good effects of a few drugs sometimes increase but the bad effects *always* increase. For instance, two aspirin relieve arthritis pain better than one—and four better than two. For severe arthritis a doctor may prescribe 30 aspirins a day. Although this helps control pain, these patients also suffer a very high rate of ulcers and bleeding in the digestive tract.

Over-the-counter medications are relatively safe, but if you double the dose of the average cold remedy, you may or may not notice less congestion or cough. You *will* very likely notice more dry mouth, drowsiness, nausea, or jitteriness—common side effects of these drugs.

**ADVICE:** Never stray from the recommended dose of any drug—prescription or over-the-counter—without talking to your doctor.







No matter how carefully you brush, some teeth don't get the attention they deserve. That's why the Pepsodent Professional is specially shaped to clean every tooth, every time—even hard to reach back teeth. With a unique 3-angled design for ***maximum maneuverability,*** the Pepsodent Professional makes it easy to get to those places your old toothbrush might miss.

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So pay attention to all your teeth. Get the 3-angled Pepsodent Professional. If you're still using your old straight toothbrush, imagine what you might be missing.




**MYTH: Chest pain is the only sign of a heart attack.**

**FACT:** Don't rely on this. Chest pressure—not sharp pain—is the most common description given by heart attack victims. A dull, squeezing pressure over the lower middle chest is the classic symptom. Many patients insist that they're not feeling pain at all but "gas" or an uncomfortable heaviness. Because the location overlaps the upper abdomen, some victims believe they're suffering heartburn. ("Acute indigestion" was a common cause of death until well into the 20th century, when doctors realized that these were heart attacks.) Eventually, symptoms become too unpleasant to ignore, but delay can be fatal. Each year, 450,000 Americans drop dead—most from heart disease.

Of course, not every pain is a heart attack. Stabbing pains lasting only a few seconds aren't a serious sign. A sore rib is the problem if you have a small area on the chest that's very tender when pressed with a finger.

**ADVICE:** Never ignore chest, neck, shoulder, or arm discomfort that persists or recurs. Each can be a warning signal. Don't assume you have stomach trouble if your discomfort is accompanied by belching, nausea, or vomiting. A heart attack can cause this. If your symptoms disappear within five or 10 minutes, you probably are not having a heart attack, but these may be signs of coronary artery disease—the major cause of heart attacks.



**MYTH: Headache or dizziness signal high blood pressure.**

**FACT:** Sad to say, high blood pressure is a disease with no outward symptoms. "I don't feel right. I'm sure my pressure is up," a patient complains to me every few weeks. He or she is usually wrong. Victims generally feel fine—even when pressure is dangerously high. The only way to find your pressure is to use a blood pressure cuff.

**ADVICE:** If you are taking medication for high blood pressure, never lower the dose or stop—even if you feel fine. And don't take more when you're feeling under the weather.

*continued on page 69.*



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June Allyson



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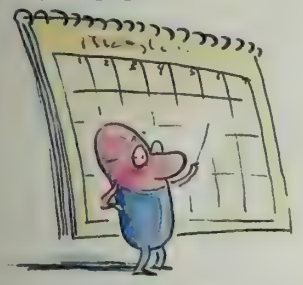
If someone you love has a heavy bladder control problem, try Depend fitted briefs in regular or large size. For less severe problems, try Depend undergarments and shields. Call 1-800-2-DEPEND for a free sample.




## DEPEND® Fitted Briefs.

Because a better fit means better protection.

*continued from page 67.*



**Antibiotics take time to work, so don't stop early!**

### MYTH: I can stop taking my antibiotic because the pain (or itch or swelling) is gone.

**FACT:** Never do this without getting your doctor's permission first. There is a small chance it will kill you.

When you stop taking an antibiotic too soon, you are killing only those bacteria that are most susceptible to the medicine. The bacteria that remain in your system are the ones that are more resistant to antibiotics. These toughened organisms then multiply and produce a second infection that's more difficult to treat than the first. It's much better to kill all the bacteria the first time than to risk a more serious outbreak of infection.

For example, you must treat ordinary strep throat with 10 full days of antibiotics. The sore throat itself goes away within five days (even if untreated), but inadequately medicated strep occasionally leads to rheumatic fever, a mysterious illness that can cause permanent heart damage or death. At one time, rheumatic heart disease was the leading cardiac disease in the U.S., and it may be on the rise. Several recent outbreaks of rheumatic fever have experts worried.

**ADVICE:** Finish any antibiotic prescription. If you or your child cannot or will not take an antibiotic for the full 10 days, tell your doctor. He or she may suggest a large penicillin injection for strep throat. Many patients believe this is because "shots work better." In fact, injections of antibiotics are in no way better at eliminating the bacteria than oral medicines.

### MYTH: It's just stress— nothing to worry about.

**FACT:** Many of the symptoms we commonly attribute to stress are actually caused by physical ailments. In my office I often hear, "My stomach is acting up, but things are tough at work. . . ." "I can't shake this headache; I have to learn to relax. . . ." Time and again, patients make these comments just before I tell them the bad news.

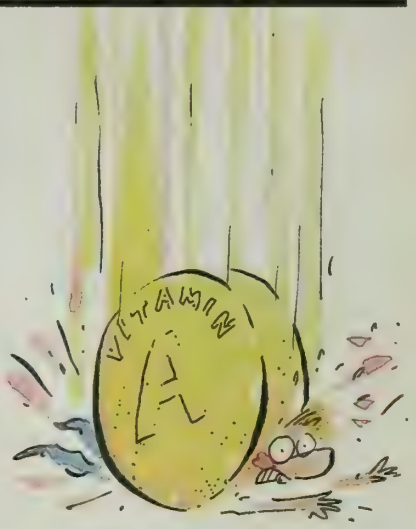
"Stress" makes everything worse, but it rarely causes anything. Never blame it for a new illness. Stress can upset your stomach, but your first bad bellyache could easily be an ulcer. Migraine and even ordinary tension headaches usually start before age 30. Headaches beginning later are more likely something else.

"It must be stress—when I relaxed it went away" is part of the same dangerous myth. For example, when a patient tells me he or she felt short of breath and uneasy, with an unpleasant tightness in the chest, but that everything went away after a few minutes of rest, I check for heart disease. Chest pain or discomfort that comes with exertion and leaves with rest is a sign of angina, a condition in which the blood supply to the heart is barely adequate. Symptoms occur when the heart speeds up and disappear when it slows.



**Stress can make you uncomfortable but it doesn't often cause illness.**

**ADVICE:** As a doctor, I never diagnose an emotional problem until I'm sure no physical problem exists. Neither should you. Talk to your doctor before you blame stress for your woes.




### MYTH: Vitamins are good for you, so the more you take the better.

**FACT:** In large doses, vitamins behave like drugs, with potentially lethal results. Take the case of the young man who went to his doctor with a terrible headache accompanied by nausea, vomiting, and a stiff neck. Tests showed that the man was suffering from liver damage and dangerously high pressure in his brain. The cause of the man's troubles was a daily overdose of vitamin A, 50 times the recommended allowance. Although he was hospitalized immediately, six weeks passed before he was completely recovered.

Vitamin A isn't the only common nutrient that can turn dangerous in large amounts. Other offenders:

- **Vitamin D** in large doses causes kidney damage and kidney stones.
- **Pyridoxine** (Vitamin $B_6$) excess produces nerve damage: numbness, trembling, and difficulty in walking.
- **Niacin** leads to jaundice, flushing, itching, and ulcers.

Large amounts of any vitamin can interfere with other drugs and with lab tests. Side effects of vitamin overdose include diarrhea, rashes, an upset stomach. Drugs cause birth defects; so can vitamins. High doses of A and D definitely do so.

**ADVICE:** If you take supplements, stick to a multivitamin: a mixture of vitamins without too much of any one. Don't worry if the label reads "high potency," a fancy word for "more." These supplements contain several times your daily requirement (read the label). While unnecessary, this amount is probably not unsafe.

*Advertisement*

# Comfort plays a critical role in how well you sleep.

## Many people believe that a bed must be rock-hard to provide a good night's sleep. But that's just not true.

Research conducted by Dr. I.A. Saad, a noted research associate for E.I. DuPont de Nemours and Company, has shown that a mattress that's too hard can cause painful pressure at the shoulders and hips and no support in the small of the back.

"Equalizing pressure throughout the body leads to better circulation, fewer movements during sleep, and is the key to sleeping comfort," said Dr. Saad. Clearly, to deliver the best sleeping result, a bed must provide comfort *as well as* support.

DuPont researchers have developed a revolutionary computerized device called "Comfort Sensor," which measures comfort and support and shows how effectively a mattress distributes body pressure to provide a restful night's sleep. Here's how it works:

The Comfort Sensor uses tiny electronic sensors placed on the mattress top and linked to a computer. When a person lies on the mattress, the sensors measure how much pressure is applied to each small area of the body. The more dispersed or equalized is the pressure on the body, the greater the sense of comfort and the more balanced the support of the mattress.

Serta,® a leading mattress maker, worked with DuPont in developing a unique bed that provides both luxurious comfort and balanced support as demonstrated on the Comfort Sensor. It's the famous Serta Perfect Sleeper® with Quallofil* the luxury mattress top.

Quallofil* is an exclusive combination of eight specially engineered layers of DuPont polyester fibers. Serta quilts Quallofil* to a luxurious knit cover on the Perfect Sleeper top model and adds a comforting layer of convoluted foam under the cover, which further contributes to the dispersion of body pressure points.

This Serta bed eases your tired body into a sound, restful sleep with down-like softness. "When tested on DuPont's Comfort Sensor, this bed consistently produces a superior comfort profile, showing only the slightest variation in pressure," said Dr. Saad.

"Serta can now offer the consumer the confidence of scientifically determined comfort and support that delivers the best night's sleep possible," said Roy Unger, President of Serta.

Of course, Quallofil* is not the only feature in this unique sleep set. The Perfect Sleeper also has an exclusive innerspring mattress unit and sturdy foundation, called the Total Suspension® System. This continuous wire innerspring design in the mattress provides head-to-toe support, with extra reinforcement in the center third of the bed and on the edge. The mattress and spring foundation work together with Quallofil* to deliver unsurpassed resilient comfort.

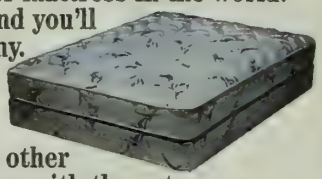
Serta offers a free booklet on the benefits of the Total Suspension System and the Serta Perfect Sleeper with Quallofil.* To obtain your free copy, send your name and address to:

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# IS YOUR CHILD AN ALCOHOLIC?

By Mary Conroy



SCOTT LITTLE

Alcoholic teens spend a lot of time alone.

**At 17, she looks like the all-American girl: pretty, bright, and friendly. But Kim's past is anything but the American dream.**

## Kim's downward spiral

"I started drinking in fifth grade," she explains. "The first time I got drunk, it was the best sensation I ever had. It made me a lot braver than I really was."

That was a new feeling for Kim, who never had thought much of herself. She got hooked on the feeling—and hooked on alcohol. Soon she was drinking every day, stealing from her parents' liquor cabinet and slinking away to drink alone in her room.

It wasn't long before Kim started on a downward spiral. With no interest in others, she lived to drink—and that almost killed her. After one binge, she nearly died of alcohol poisoning.

## Special danger for adolescents

Kim had discovered what so many American teens now know: because of their physical immaturity, it takes adolescent abusers only a year to reach the advanced stages of alcoholism. Adults may take 30 years to get to that point.

But Kim was lucky. Her brother realized that she needed help, and got her into treatment. She's grateful that her brother noticed her symptoms, and even more thankful for the help she's had along the way to recovery. "I still

*continued on page 74*

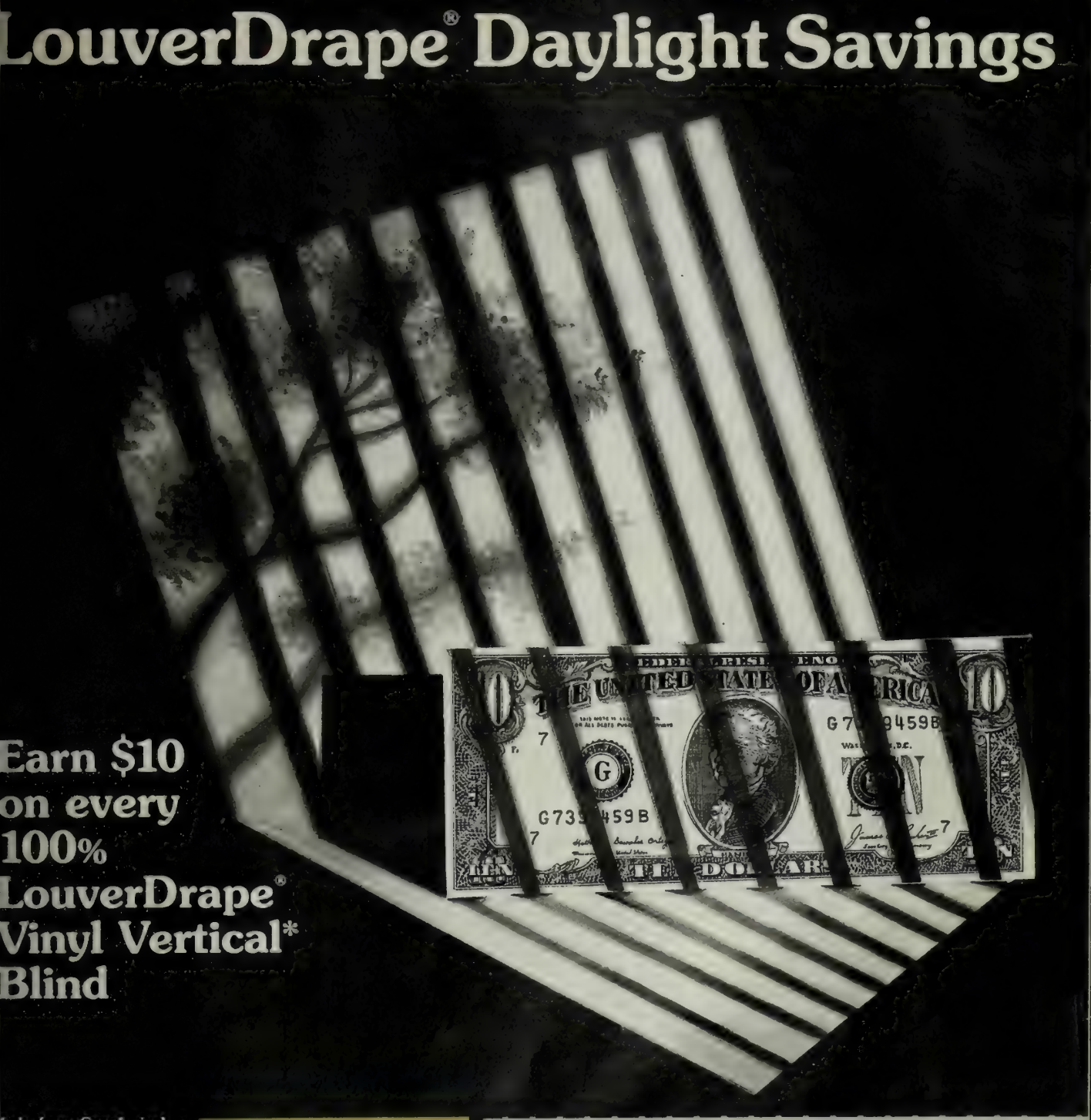
### SOBERING FACTS

Although many adults chuckle over their first experiments with alcohol, youthful drinking is no joke. Consider:

- The average age for beginning to drink is 12.
- Alcohol is the most commonly used drug among adolescents.
- By senior year in high school, one out of every 20 students drinks daily.
- Nearly half of all teens who commit suicide are intoxicated at the time.
- In 1986, more than 3,500 teens died in alcohol-related car crashes.
- Nearly one out of every three teens reports riding with an adolescent driver who was drunk.
- Although 93 percent of children in grades 4–6 say that cocaine is a drug, only 21 percent think wine coolers are drugs.

*Sources: Weekly Reader Survey, National Academy of Sciences, National Institute on Alcohol Abuse and Alcoholism, National Highway Traffic Safety Administration, National Institute on Drug Abuse.*

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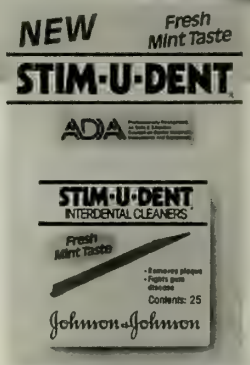
That's important, because plaque contains soft, sticky bacteria that build up between your teeth and can cause early gum disease (called gingivitis). Brushing alone can't remove plaque.

With STIM-U-DENT, you'll have healthier, firmer gums—a vital part of having teeth that can last a lifetime. No wonder STIM-U-DENT is recognized as safe and effective by the American Dental Association.

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## IS YOUR CHILD AN ALCOHOLIC?

*continued from page 72.*

have problems, but I feel like a totally different person," she says. "Every day I thank God that I'm alive."

### Is your child in trouble?

It's not easy to distinguish between alcoholism and the mood swings of normal adolescence, according to Dr. Fulton Caldwell, public health adviser at the National Institute of Alcohol Abuse and Alcoholism. However, alcoholism may be at the root of these problems:

- **Perpetual conflict.** Alcohol abusers constantly argue with parents, friends, and teachers.
- **Withdrawal.** Teen abusers won't participate in family, school, or social activities. They spend a lot of time alone in their rooms, and won't let others get close to them in any way.
- **Depression.** Watch for fatigue, lack of energy, and poor appetite. Alcohol abusers may feel worthless, act grandiose to cover that feeling, or complain of being bored.

*Because of their physical immaturity, it takes adolescent abusers only a year to reach the advanced stages of alcoholism.*

- **Impulsive behavior.** Young drinkers act first and think later. They make choices that mystify their parents.
- **Poor school performance.** As drinking becomes a full-time affair, teens cut class and drop out of extracurricular activities. Grades plummet.
- **Change in friends.** If your child suddenly starts hanging out with a new, tough crowd, pay attention. Teen drinkers seek out other drinkers.
- **Injuries.** Serious falls, burns, and accidents occur while the child is under the influence. Fights lead to other injuries. Consider any unexplained injuries to be red flags.

### Getting help for your teen

Treatment for alcohol abusers ranges from self-help groups to inpatient therapy. No one approach is right for everyone, says Cheryl Rugg, author of *Adolescents, Alcohol, and Drugs: A Practical Guide for Those Who Work with Young People.* Many adolescents find relief with these services:

- **Student Assistance Programs.** SAPs are school-sponsored programs that refer students to support groups, outpatient clinics, or inpatient treatment. Most students enter SAPs at the urging of a friend or teacher. After observing the student, an SAP counselor tells the student where to seek help.

Businesses also offer employee assistance programs. If your child has a problem, consult your EAP counselor.

- **Intervention.** This process is used to convince abusers to seek help. Friends and family members confront the adolescent and describe the behavior problems they've observed. Because

*continued on page 76.*

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| 5'3" | 95-130 | 131-175 |
| 5'4" | 95-125 | 126-175 |
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SHEER TO WAIST OFFER, P.O. Box 9618, Clinton, IA 52736

Name (please print)_____

Address_____

City_____ State_____ Zip_____

Phone (required)_____

Void where prohibited or restricted by law. Only one pair per name or address.
Mechanical duplicates of this form are not permissible. Please allow 6-8 weeks for shipment.

# IN NO NONSENSE® SHEER TO WAIST, ALL YOU FEEL IS FANTASTIC.

No nonsense Sheer to Waist™ pantyhose feel so light and airy, you just may forget you have them on.

Go ahead, feel for yourself—just send us the offer above and we'll send you a pair.

Because nothing at all feels like Sheer to Waist. Except, maybe, nothing at all.

No nonsense. Worth so much more than they cost.




**No nonsense®**



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Made with DuPont nylon.

*continued from page 74*

the teen hears the same information from several sources, it's difficult to keep denying that an alcohol problem exists. When the teen admits that there is a problem, the friends and family recommend types of treatment. Usually a local alcoholism counselor coordinates the process. It's best not to try intervention unless you already know what services exist in your area.

● **Self-help groups.** These groups help teens maintain sobriety through regular meetings with a supportive, sober group of friends. Self-help groups also offer young alcohol abusers the consolation that they are not alone. Some support groups, like the teen chapters of Alcoholics Anonymous, follow prescribed steps toward recovery. Others are structured more loosely.

Most alcoholism counselors say that self-help groups are essential to control drinking outside the hospital setting. If one support group doesn't appeal to your youngster, keep investigating until you find another one that does.

***Nearly half of all teens who commit suicide are intoxicated at the time.***

● **Outpatient treatment.** Typical outpatient programs include alcohol education, group therapy sessions, and family therapy. Teens who abuse alcohol but have no physical impairments may be advised to try these programs. Outpatient treatment also provides support for teens released from inpatient stays. Insurance payments for outpatient therapy may be limited to a maximum number of sessions.

● **Inpatient treatment.** Most inpatient programs use a very structured schedule of organized recreation, group therapy, alcohol education, support groups, family therapy, and high school classes. Recommended when the adolescent's life seems out of control, inpatient treatment aims to change the youngster's environment completely.

Inpatient treatment typically lasts 30 days. Programs range from $70 to $350 per day. Not all insurance plans cover treatment, and most plans that do limit the length of treatment.

● **Family support.** These support groups teach members how an entire family reacts to one person's alcoholism. You'll also discover that you didn't cause your child's alcoholism and can't control it. In addition to family therapy, most communities offer such self-help groups as Al-Anon for anyone affected by a loved one's alcoholism.

**FOR MORE INFORMATION**

To learn more about alcohol and children, read *How to Cope with a Teenage Drinker,* by Dr. Gary G. Forrest. Fawcett Crest, $2.95.

For alcohol treatment programs in your area, check "Alcoholism Information and Treatment Centers" in your Yellow Pages. BH&G





# Try our regional classics from Hillshire Farm.

**Southwest's best.** Tacos with a new twist. Hillshire Farm Beef Hot Links make them better than ever. Truly a grill-out classic.

## Texacali Tacos

corn or flour tortillas
Hillshire Farm Smoked Links, any variety
assorted Mexican toppings

Heat corn or flour tortillas as package directs. Meanwhile, broil or grill any variety of Hillshire Farm Smoked Links. Wrap tortilla around smoked links and top with your favorite Mexican toppings such as grated cheese, chopped tomatoes, hot peppers, salsa and/or sour cream.




Good Housekeeping PROMISES

©Hillshire Farm, 19

The last rays of setting sun danced across the glimmering countertops in the Delta Plantation kitchen. Susan squinted in the golden light, as she reached out to lower the blinds. Clutching her bottle of Fantastik, she began spraying the dirty stove top. As she briskly wiped away the spatters of dried spaghetti sauce she'd dripped from the pot earlier that day, she thought of the grand meal that never happened. Her special sauce with meatballs and sausage, Italian bread from her own oven. a bottle of Chianti R...
'74 I...
ne...

tl...
he...
ag...

...had pulled the cork fr... ...ottle to let it breathe. She remembered the excitement she had felt. He would be here any moment. Tall with dark tousled hair, a Roman nose which he said was too big, but w... actually perfectly suited for his larg... brown eyes. Eyes that seemed ... absorb every inch of her beauty. H... beauty. She'd never felt it existed un... Francisco came into her life. S... thought about their first meeting. S... had heard the doorbell and glance... through the foyer window, where he stood gazing in awe at the white columns of the sprawling porch, and the ancient Magnolia trees, and the huge green lawn of Delta. She opened the door uncautiously as if she instinctively trusted him. "Hi," she said uncharacteristically casual to a total stranger. "Hi. I'm here to deliver some packages to Mr. Conrad Effingham." His smile seemed to cut through any pretense or formality. It was a genuine smile. The kind that makes a stranger not a stranger any more. She glanced out to the circular driveway where his green delivery truck was parked. She hadn't noticed it, or his green work shirt with the name "Francisco" stitched over his right pocket. She had only now been able to pull her eyes from his striking face. "This place is beautiful," he said. "I've seen it from the main road many times, but never came through the entrance." Then he looked directly at her, his gaze drifting from her long thick red hair, to her bright green eyes, down to her slightly freckled nose, to her soft full lips. "This place is full of beautiful things," he said softly.

She stumbled on her words, "Why, uh, thank you." Susan felt her pulse jump. Her lips and cheeks tingled warmly as th...

...rush.
"Co...
you...

th...
Mr...
Effin...
She too...
the clipbo...
from his o...
stretched ar...
brushing h...
hand as sh...
reached for his ballpo...
It was a simple little ...
seemed to send her pulse ...ing even faster.

There was an awkward pause as he slipped the pen back into his pocket and nervously toyed with the clipboard. "Well, have a nice day," he said as he smiled and turned to walk away. "Mr. Effingham no longer resides here," Susan suddenly blurted out. Francisco stopped on the steps and glanced over his shoulder. Susan continued, "My husband left several months ago. But I'll be sure that these packages are safe until he writes or calls and I know where to forward them." Francisco nodded politely. "That will be fine." Then he turned and walked back to his truck. Susan practically slammed the door as ...ll against it from the inside. "Stupid, stupid, stupid, stupid!" ...e rolled her eyes and gave ...herself a soft palm to the ...orehead. "Why don't you ...ust be obvious, stupid!" ...she whispered to her...elf. But a week later, ...Francisco called and ...ry nervously, very ...politely asked this ...nely woman if ...she would join ...him for dinner. ...Susan, feeling ...like a high ...hool girl, ...y accepted. ..."Maybe I'm ...ot so stupid ...after all," she ...thought to her...self. The dinner ...ate had been won...ul and had ended with ...ng linger...

...ss on the ...As she closed the door behind her, she had realized that she was falling in love.

But now, once again she felt stupid. This was to have been the night that Francisco would have the meal of his life. And she would feast on the romance she was starving for.

She leaned against the shiny stove, fiddling with the nozzle of her Fantastik bottle. She had finally resolved herself to the obvious. Her new friend; no, her lover-to-be, had stood her up. Turned his back on her, just like her husband. "I'm better off without anyone," she thought. "I can depend on me. I'm all that I need. I have a roof over my head and money to get by. I don't need Francisco. I don't need Conrad. Romance is nothing but a pain. A big pain." Susan's eyes glowed tenaciously as she pulled the trigger on the Fantastik. She sprayed the refrigerator door, firing at it as if it were a target at some carnival shooting gallery. Then she began to clean the surface, as if she were wiping away the pain.

Suddenly, the doorbell rang. Susan's feet seemed like concrete as she stood frozen, staring toward the foyer. The doorbell rang once more, snapping her from her daze. It had to be Francisco, she thought. He probably had car trouble and had to walk for miles way out here. Still clutching the Fantastik tightly in her right hand, like some kind of security blanket, Susan started toward the door. Darkness had fallen, so she flipped on the porch light and flung open the door. "Fran..." She was speechless. Her eyes grew [illegible] cold. The [illegible]

[illegible] and [illegible] on the floor at her feet. "Hello, Susan," Conrad Effingham said softly. Susan stared blankly. For the last three months she had tried in vain to stop missing, to stop loving him. "I'm sorry, Susan." She shook her head like a boxer getting up from a hard punch. "You...you said you were going out for bread, milk, wine and a bottle of Fantastik." "And here I am, three months later, and I still haven't got the groceries." Conrad leaned down and picked up the spray bottle from the floor. "But I did pick up the Fantastik." He smiled. Susan stared wide-eyed, not seeing any humor at all in the situation.

Realizing his levity was ill-timed, Conrad asked, more seriously, "May I come in?" "It's still your house," she replied coldly, stepping to one side. Susan gazed at him; tall with a boyish face, and thick brown hair. He hadn't changed, though three months seemed an eternity. "If you're here for your packages and mail, they're in the storage room out back." Her voice was hard, her jaw set tight as she turned quickly. Conrad grabbed her arm firmly but gently. "Susan, I had to leave!" She tried to pull away. "Susan listen to me! I couldn't tell you. You would be in danger if you knew anything. All those years that I've been working at the nuclear plant. I wasn't a foreman there. I've been in intelligence. An undercover agent."

"A spy!" Susan screamed, pulling away from his grasp. "You're here to get your secret documents, or whatever, and then kill me! Right?!" "Wrong, Susan. I work for the U.S. Government. Those packages you received...they're bombs that were to be [illegible]

[illegible] a half mile from here."

"Francisco!" she gasped. Her knees felt weak. "Yeah. Francisco. He's part of the spy network I was trying to break up." "He seemed so...so nice." Susan said, softly shaking her head. "His job was to terminate me, Conrad explained. Those packages were my tickets...our tickets...to the hereafter." "He was coming over for din..." she said without thinking. Susan stared at Conrad, her eyes pleading for some explanation to the whole crazy situation.

"We knew the bombs were here. We also knew that they wouldn't be detonated until I arrived. We purposely leaked information that I'd be home this afternoon. Francisco wanted to make sure you would be here...to lead me to the packages. He was in his delivery truck waiting."

"Where is he now?" she asked. "On his way to headquarters," Conrad replied. He walked into his own trap." "The packages!" Susan gasped. Conrad smiled reassuringly. "The bomb squad is right behind me. The explosives are relatively harmless without the detonator." "And what about you? Where to now?" she asked. It was all happening so fast. Susan could only guess that the scene would change any moment, like some TV miniseries. "Well, Susan I was hoping we could have a quiet dinner. Maybe spaghetti?" Conrad lifted up her chin so that their eyes met. "I love you. That's why I'm through with undercover work. I've done my duty. And you've definitely done yours."

Susan literally jumped into Conrad's waiting arms and they shared a long deep kiss.

Finally Conrad kissed her gently on the nose. "I'm still holding the [illegible] foyer? The bomb squad never remembers to wipe their feet." He smiled. "I'll let you eat dinner, first," she chuckled.

As they walked arm-in-arm toward the kitchen, Conrad stopped and pulled Susan to him. "One thing, Susan. That fella, Francisco...He asked me to tell you something. Something that I should have told you every day. You're beautiful. Truly beautiful." He kissed her–again, more passionately than ever before, as the Fantastik once again tumbled to the floor.


**NEW IMPROVED FANTASTIK® NOW OUTCLEANS EVERY OTHER ALL-PURPOSE SPRAY CLEANER**

*on tough greasy dirt in the kitchen or anywhere else.*

**MORE POWER FOR MORE PLACES**




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# LYME DISEASE UPDATE

## A DISABLING AILMENT SPREADS ACROSS THE NATION

**Often mistaken for flu or arthritis, Lyme disease can cripple its victims. Once seen only in New England, the condition has now appeared in 33 states. Here's what you need to know—especially if you live or vacation near wooded areas.**

### Symptoms

Lyme disease develops from the painless bite of an infected deer tick. The tiny creatures are common in wooded and brushy areas of the Northeast, upper Midwest, and West Coast. Dr. Robert Levin, a New London, Connecticut, rheumatologist says symptoms vary, but often occur in three stages:

**Stage 1.** Flulike feelings arise 3–30 days after the bite. Headache, neck stiffness, and extreme fatigue are common. About half of all victims develop a bull's eye rash: a circle of redness 1½–8 inches across surrounding a relatively clear central area. The rash usually first appears at the bite site, but new bull's eyes may appear elsewhere.

**Stage 2.** A month or more later, if untreated, the disease may spread. Facial paralysis (Bell's palsy) is one signal of stage-2 infections.

**Stage 3.** Within a few months to about a year, steady or occasional arthritis may develop in one or more joints, with pain, swelling, and stiffness. According to Dr. Levin, Lyme disease in children is often mistaken for juvenile rheumatoid arthritis.

### When to see a doctor

The majority of cases of Lyme disease have appeared in southern New England south to Virginia, Wisconsin, Minnesota, California, and Oregon. Local health officials can tell you if the disease is a problem where you live or vacation. Should you develop any of the symptoms, especially the bull's eye rash, and you have been to an area where Lyme disease is present, see a doctor immediately. Tests for Lyme disease are often unreliable, so your doctor will probably prescribe antibiotics even before the results come back from the lab. Early treatment usually prevents the later, serious symptoms.

### Prevention

- When walking in brushy or long-grass areas, wear long pants tucked into shoes or socks. Gardeners should wear long sleeves.
- Have someone check you for swollen, feeding ticks when you return from a potentially infested area. Change clothes to get rid of hitchhiking ticks.
- Examine pets often for ticks. Outfit dogs and cats with tick collars. Pets can get Lyme disease, too. Watch for symptoms during warm weather. BH&G


## Read how this Remarkable "Cold Hot" Therapy relieves pain for millions. In minutes.

Many people know that hot baths, heat lamps and electric pads provide fast, temporary relief from stiff, sore aching muscles and minor arthritis pain. What they *don't* know is that cold compresses and ice packs can also be extremely effective. In technical terms, "both heat and cold act selectively on free nerve endings in the tissue and on peripheral nerve fibers to increase the pain threshold."*

While Icy Hot is not a clinical substitute, it does offer its own unique type of cold and hot therapy. It is available as an easy-to-use cream in tubes and jars, as well as a no-mess stick.

**Cold begins to soothe muscle and joint pain. Heat takes over to bring deep down relief.**

As you rub Icy Hot on, menthol, one of its two active ingredients, creates a soothing sensation of coolness that begins to bring relief. In minutes, Icy Hot's second pain fighting ingredient, methyl salicylate, goes to work. You experience a pleasant feeling of warmth from the increased flow of blood to the upper layers of your skin. This dual-action sensation of icy coolness, followed by one of penetrating warmth, is what relieves your pain. It's as simple as that.

**Icy Hot goes to work in minutes. Relief lasts for hours.**

If you, or any member of your family is suffering the agonies of sore, aching muscles or minor arthritis joint pain, put a stop to it at once. Rub in Icy Hot. In less time than it takes to read this message, you will feel its active ingredients begin to bring comforting relief to the affected areas.

So for fast, temporary relief from joint and muscle pain, use Icy Hot, the dual-action pain reliever.

If you desire more information about the use of hot and cold therapies, please write The Arthritis Foundation at Box 19000, Atlanta, GA 30326.




**Rubs on cool. Rubs in warm. Rubs out pain.**

*U.S. PHARMACIST, January, 1987, p. 77

# Announcing the most dramatic development in home dental care since the invention of the toothbrush.

Since early man invented the first toothbrush, the technique for using it has remained just as primitive. So primitive that even today, 9 out of 10 Americans end up with some form of gum disease. The problem, historically, has been how to remove plaque. The solution now comes in the form of a technological breakthrough called the INTERPLAK Home Plaque Removal Instrument.

## The INTERPLAK instrument cleans teeth nearly plaque-free.

Plaque is the real villain in oral hygiene. If not removed daily, its bacterial film can lead to gingivitis, an early stage of gum disease, and tooth decay. But clinical studies have shown that manual brushing removes only some of the plaque build-up. Those same studies, on the other hand, show that the INTERPLAK instrument cleans teeth nearly plaque free, and improves the health of your gums.



*Each bristle rotates 4,200 times a minute and reverses direction 46 times a second.*



*Hand brushing's back-and-forth and up-and-down motion often misses critical areas where plaque breeds.*



*The counter-rotational movement of INTERPLAK tufts clean plaque from between teeth and under gum line.*

## How the INTERPLAK instrument cleans circles around ordinary brushing.

With manual or even electric toothbrushes, you move the bristles up and down or back and forth. But with the INTERPLAK instrument's patented design, the brush remains still while the bristles rotate. Ten tufts of bristles literally scour off plaque and stimulate your gums. And at the precise moment they reverse direction, the tufts fully extend to clean deep between teeth and under gums. Yet because the bristles are four times softer than the softest toothbrush, the INTERPLAK instrument is no more abrasive than manual brushing with toothpaste.

## Dental professionals approve.

"I am recommending it to all my patients."—Dr. L.K. Yorn, Cedar Grove, NJ

"At last, my patients enjoy using a product we recommend."—Dr. J.W. Blackman, III, Winston-Salem, NC

"Since my patients have been using the INTERPLAK instrument, I have seen a dramatic improvement in the health of their teeth and gums."—Dr. S.G. Newhart, Orthodontist, Beverly Hills, CA

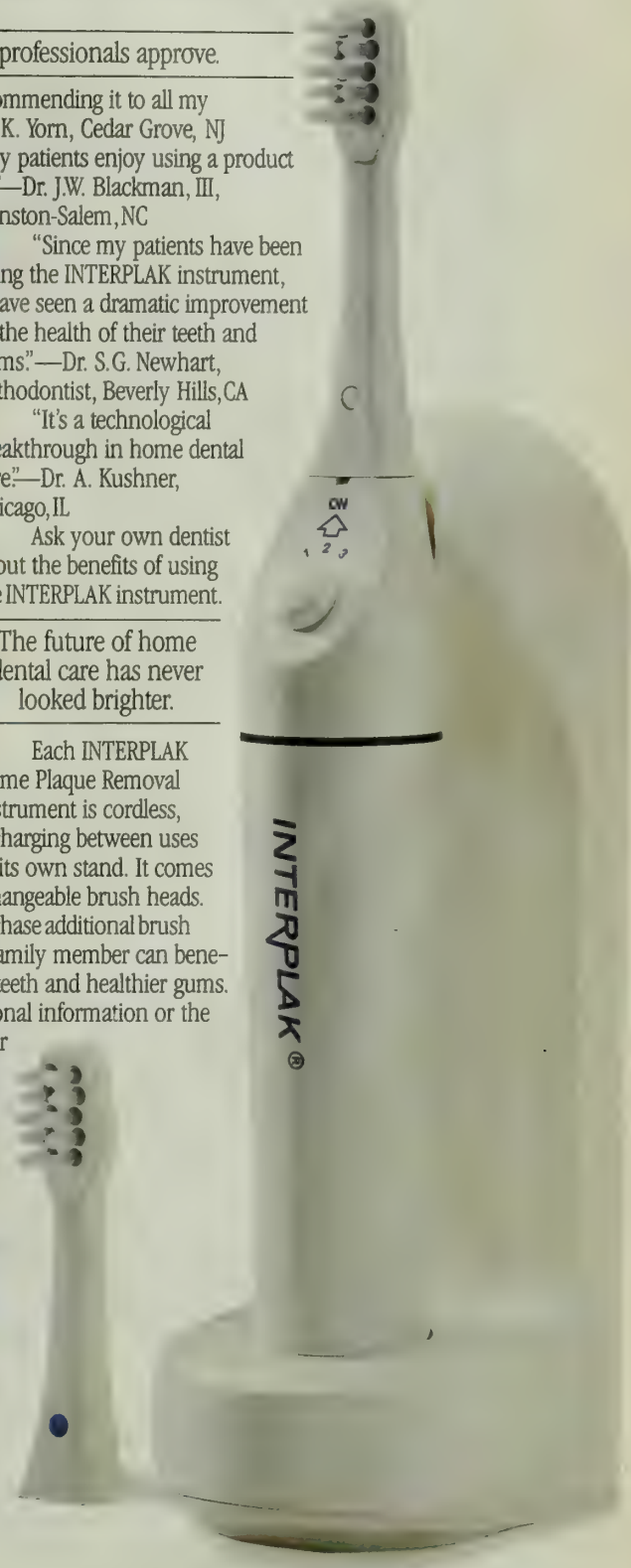
"It's a technological breakthrough in home dental care."—Dr. A. Kushner, Chicago, IL

Ask your own dentist about the benefits of using the INTERPLAK instrument.

## The future of home dental care has never looked brighter.

Each INTERPLAK Home Plaque Removal Instrument is cordless, recharging between uses in its own stand. It comes with two interchangeable brush heads. You can also purchase additional brush heads so every family member can benefit from cleaner teeth and healthier gums.

For additional information or the name of a retailer near you, call toll-free **1-800-537-1600,** and ask for **Operator 13.**




**INTERPLAK®**
**HOME PLAQUE REMOVAL INSTRUMENT**

The INTERPLAK Home Plaque Removal Instrument is Acceptable as an effective cleaning device for use as part of a program for good oral hygiene to supplement the regular professional care required for good oral health.
Council on Dental Materials, Instruments and Equipment, American Dental Association.

Acceptable

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INTERPLAK® is the registered trademark of the Dental Research Corporation.

STEP-BY-STEP

# CLASSIC COUNTRY ARMOIRE

## BUILD IT YOURSELF FOR $150

By James A. Hufnagel



PHOTOGRAPHS: GEORGE CEOLA. DESIGN: JAMES R. DOWNING

A perfect place to stow your entertainment gear, this cabinet can be assembled in sections.

**Build this country pine cabinet for a fraction of what you'd pay for an antique. Best of all, it knocks down so you don't have to wrestle with a behemoth on moving day.**

### FRAME-AND-PANEL BASICS

Examine the plan on *page 84* and you'll see that the project's door and sides consist of frames that hold glued-together pine boards, a technique known as frame-and-panel construction. Figure on spending about 40 hours in the shop—time well spent when you consider the handsome results.

*continued on page 84.*

# STANLEY PRESENTS THE NECESSARY INGREDIENTS FOR PIZZA.




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Makin' it great!

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Now when you buy any of these Stanley® tools*, you get more than the number one hand tool in America. You'll also get a free, one topping, medium size pizza. Pick up a Stanley Pizza Party request form when you make your purchase at your Stanley Tools dealer. Then send it in with proof-of-purchase and receipt, and Stanley will send you a certificate good for one delicious free pizza at a participating Pizza Hut® restaurant. What could top that?

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**helps you do things right.**

BADGE OF THE PROFESSIONAL®

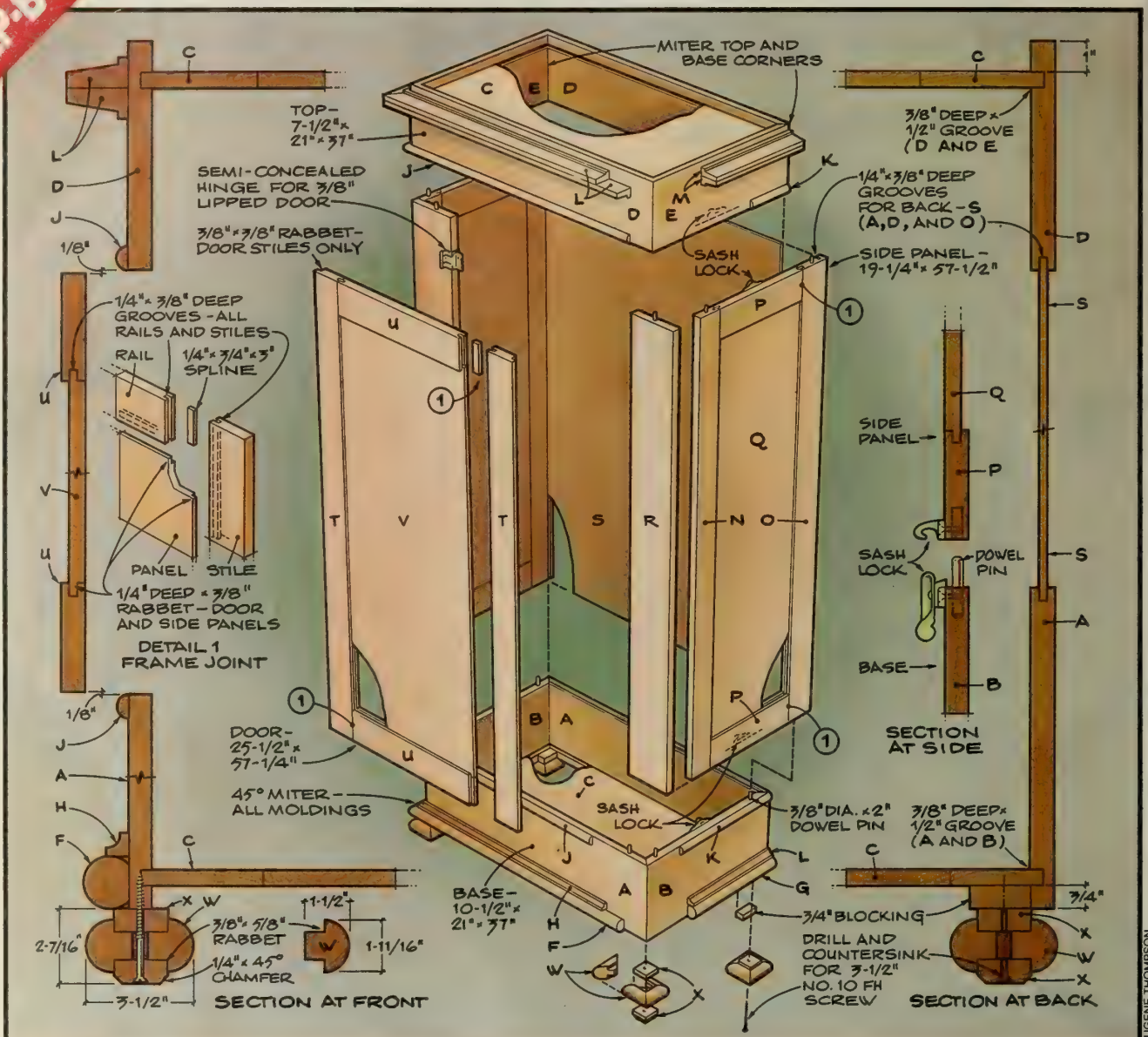
The design of the POWERLOCK® Tape Rule case is a registered trademark of The Stanley Works.

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*Tools must total $7.50 or more



# CLASSIC COUNTRY ARMOIRE *continued from page 82.*




EUGENE THOMPSON

## MATERIALS LIST

| PART | QUANTITY | DESCRIPTION | SIZE |
|---|---|---|---|
| A | 2 | PINE | ¾ x 10½ x 37" |
| B | 2 | PINE | ¾ x 10½ x 21" |
| C* | 2 | PINE | ½ x 20¼ x 36¼" |
| D | 2 | PINE | ¾ x 7½ x 37" |
| E | 2 | PINE | ¾ x 7½ x 21" |
| F | 1 | HANDRAIL | 1½ x 1 11/16 x 40" |
| G | 2 | HANDRAIL | 1½ x 1 11/16 x 22½" |
| H | 1 | COVE | ¾ x ¾ x 38½" |
| I | 2 | COVE | ¾ x ¾ x 21¾" |
| J | 2 | HALF ROUND | ⅜ x ¾ x 37¾" |
| K | 4 | HALF ROUND | ⅜ x ¾ x 21⅜" |
| L | 2 | DRIP CAP | to fit |
| M | 4 | DRIP CAP | to fit |
| N | 2 | PINE | ¾ x 2¾ x 57½" |
| O | 2 | PINE | ¾ x 3½ x 57½" |
| P | 4 | PINE | ¾ x 3½ x 18" |
| Q* | 2 | PINE | ½ x 18 11/16 x 51 3/16" |
| R | 2 | PINE | ¾ x 6 x 57½" |
| S | 1 | PLYWOOD | ¼ x 36¼ x 58⅛" |
| T | 2 | PINE | ¾ x 3½ x 57¼" |
| U | 2 | PINE | ¾ x 3½ x 18¼" |
| V* | 1 | PINE | ½ x 18 15/16 x 50 15/16" |
| W | 16 | HANDRAIL | 1½ x 1 11/16 x 3½" |
| X | 8 | PINE | ¾ x 1¾ x 1¾" |

*C, Q, and V are glued-up panels using ½" pine 3" to 5" wide; finished sizes are shown. Note that sizes are slightly undersize to allow for expansion.

THREE ⅜" OFFSET HINGES WITH REMOVABLE HINGE PINS; TWELVE ⅜ x 2" DOWEL PINS; FLUSH CUPBOARD LOCK (WOODWORKER'S STORE No. D1401); ORDINARY SASH LOCKS AS FOUND IN ANY BUILDING SUPPLY CENTER; FOUR 3½ x 10" FLATHEAD WOOD SCREWS; TWENTY-FOUR 1½ x 8" WOOD SCREWS; 1 QUART EACH OF STAIN, SANDING SEALER, AND VARNISH.

**Buying information, page 172.**
**To order project plan 50740, see page 168.**
*continued on page 86.*

IF A FLASHLIGHT WITH NEW DURACELL® BATTERIES SAT IN A DRAWER FROM JANUARY 1,

1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,MARCH1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,JUNE1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,SEPTEMBER 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,NOVEMBER 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,FEBRUARY 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,APRIL 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,MAY 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,JULY 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,AUGUST 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,OCTOBER 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,NOVEMBER 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,DECEMBER 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,JANUARY 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,FEBRUARY 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,MARCH 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,APRIL 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,MAY 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,JULY 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,AUGUST 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,OCTOBER 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,NOVEMBER 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,DECEMBER 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,JANUARY 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,FEBRUARY 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,MARCH 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,JUNE 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,JULY 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,AUGUST 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,OCTOBER 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,NOVEMBER 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,DECEMBER 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,




TO JANUARY 1, THREE YEARS LATER, THEY'D STILL WORK.

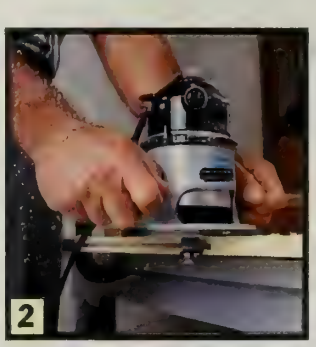
STEP-BY-STEP

# CLASSIC COUNTRY ARMOIRE *continued from page 84.*




### CUT GROOVES FOR TOP AND BOTTOM PANELS

Begin by ripping 1x12 pine to 10½ inches wide for the base and top, then dado ½-inch-wide by ⅜-inch-deep grooves that will hold the top and bottom panels. Cut miters for the corners.




### CUT GROOVES FOR THE BACK PANEL

Now, with a router or table saw, make grooves along the top edge of the base's back piece and the bottom edge of the top's back piece. The grooves will hold the ¼-inch plywood back.




### GLUE UP THE TOP AND BOTTOM PANELS

Edge-glue ½-inch stock for the top and bottom panels. Alternate the direction of the grain as shown to minimize warpage. After the glue dries, remove excess glue with a sash scraper.




### ASSEMBLE THE TOP AND BASE

Glue and nail together the parts for three-sided boxes for the top and base. Slip the panels into place, and attach the fourth sides. Cut the panels slightly undersize to allow for expansion.




### GLUE UP THE TOP TRIM

For the molding that crowns the top of the cabinet, glue together lengths of drip cap, as shown. Chamfered gluing blocks give the clamps a good bite. Miter-cut the drip cap to length and attach it to the top with nails and glue.




### ATTACH THE BASE TRIM

Next, miter-cut handrail stock for the base trim and attach it with glue and screws. Top this with ¾ × ¾-inch cove molding. Also glue and nail ¾-inch half-round molding around the perimeter of the top's lower edge.




### RABBET HANDRAIL FOR THE FEET

To make the feet, you need to cut ⅜-inch-wide rabbets into the underside of a 64-inch-long piece of handrail. To do this with a ½-inch dado head, make an auxiliary rip fence as shown.



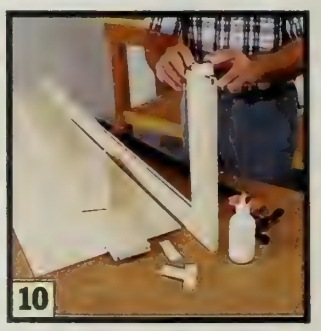

### ASSEMBLE THE FEET

Miter-cut the rabbeted handrail into 3½-inch-long pieces. Glue up 4 pieces to make each foot, then glue and clamp blocks top and bottom. Bevel edges of the lower blocks so they won't snag on carpeting.




### CUT SPLINES

Now it's time to make the door and side panels. Begin by edge-gluing ½-inch pine as you did for the top and bottom panels. Cut grooves for splines along 1 edge of all rails and stiles. Cut twelve ¼ × ¾ × 3-inch splines for joining, as shown here.




### ASSEMBLE THE DOOR AND SIDE PANELS

Cut a ¼-inch-deep by ⅜-inch-wide rabbet around the perimeters of all glued-up panels to accept the splines. Next, glue splines into 3 of the rail-stile joints, loose-fit a panel into place, and glue on the last stile.




### ATTACH FRONT FRAMES, LOCATE DOWEL PINS

Cut the 2 front frames to size, then glue and nail them to the side panels. Then locate and drill holes for dowel pins in the top, base, side panels, and front frames. Loose-fit the pins; you needn't glue them in place.




### ASSEMBLE THE CABINET

Now comes the finale: You're ready to put together your cabinet for the first time. Install sash locks on the inside surfaces to secure the components, then hang the door and install the lock. For the finish we applied stain, sanding sealer, and varnish.

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If Mom's always on the go, give her the HandyBlender™ cordless blender. It's the powerful blender she can take anywhere.

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all around the kitchen.

Toast her with the Spacemaker™ Toast-R-Oven™ broiler. It bakes, broils, roasts, toasts, browns, warms and saves precious counter space.

Give her a hand with the HandyChopper™ mincer/chopper. It chops herbs, vegetables and onions fast.

Remember Mom with the Automatic Shut-Off™ iron. If left unattended, it beeps as a warning, then shuts itself off.

No matter what gift you choose to give Mom, you're sure to please her. Because when it comes to playing favorites, Mom really only has one. Black & Decker.

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# Automatic Shut-Off Coffeemakers
## Because you have enough to think about in the morning



Spacemaker™ drip coffeemaker



Cup-At-A-Time™ drip coffeemaker



Automatic Shut-Off drip coffeemaker

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Black & Decker coffeemakers not only brew great-tasting coffee, they're designed to do much more.

For starters, they give you peace of mind because they shut themselves off automatically. So never again will you have to worry about leaving your coffeemaker on all day.

What's more, the Spacemaker™ Drip Coffeemaker mounts under the cabinet to save precious counter space. Its automatic brew feature lets you awaken to a fresh pot of coffee. And keeps your coffee warm for two hours before shutting itself off.

The Cup-At-A-Time™ Drip Coffeemaker makes a full mug of fresh brewed coffee as convenient as instant, and shuts off instantly.

Our Automatic Shut-Off Coffeemaker has an easy-to-use clock/timer. Just set it the night before, forget it, and wake up to great-tasting coffee.

So get the coffeemakers that think for themselves. And have one less thing to think about in the morning.

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# WAKE UP A ROOM WITH SHEETS

## SIMPLE-TO-SEW PROJECTS FOR ANY BEDROOM

By Sandra S. Soria



PHOTOGRAPH MARIS/SEMEL DESIGN JOSEPH C RUGGIERO BUILDER DAVID KEPNER ARCHITECT GARY INDYK, INDYK & TERRY

**ORDER-BY-MAIL INSTRUCTIONS** mean you can create this custom canopy and easy-sew pillows.



**It's sew easy to turn a bedroom or guest room into a true sleeping beauty. All you need are sheets, pillowcases, and our *Butterick,* order-by-mail sewing pattern.**

### 'Romancing' a room

Used here to gussy up a guest room daybed, this custom canopy will top off any sleeping space—from baby crib to king-size bed. Best of all, you can make this sweeping beauty using two king-size sheets. Sheets—such as these *Lady Pepperell* patterns—offer mix-and-match yardage at a reasonable price.

What's more, when you use sheets, you enjoy the fringe benefit of ready-made accessories. Companion comforters, shams, bedskirts, and the like make decorating a snap.

Sewing instructions for the canopy are adapted from *Butterick* pattern No. 4689. The pattern, plus modifications for creating the look shown here, is available by mail exclusively to *Better Homes and Gardens* readers (ordering instructions follow).

### Bolster your style

Details make a difference. Easy-sew toss pillows and bolsters made of the same sheet fabric and gathered with satiny ribbons tie the dressings together for a customized look. Step-by-step instructions for making the pillows from two standard cases are included in the pattern package.

### HOW TO ORDER

To order the *Butterick* pattern plus bonus instructions for modifying the canopy and making the pillows, send $4.75 plus $1 for postage and handling to Butterick Pattern Service, Box 729, Department BHG, Altoona, PA 16603.

Send check or money order (no cash please); make payable to Butterick Pattern Service. This offer good through October 1, 1988. Canadian orders send U.S. funds.

FIELD EDITOR BONNIE MAHARAM

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Creamed Chicken
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Spinach Crepes
New England Clam Chowder
Tuna Noodle Casserole
Beef & Spinach Stuffed Pasta Shells
Cheese Stuffed Pasta Shells
Chicken Stuffed Pasta Shells
Escalloped Chicken and Noodles
Spaghetti with Meat Sauce
Single Serving Vegetable Lasagna
Ham and Asparagus Crepes
Ham and Swiss Cheese Crepes
Chicken à la King
Turkey Casserole
Spaghetti with Meatballs
Ham and Asparagus Bake
Beef Pie
Swedish Meatballs
Single Serving Lasagna
Noodles Romanoff
Cream of Spinach Soup
Fettucini Primavera
Macaroni & Cheese




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Introducing new Ultra Rich Softsoap® liquid soap. A luxurious silky formula enriched with six skin conditioners and moisturizers. Including aloe vera and collagen. Try it, and take softness into your own hands. Every time you cleanse them.





NEW PRODUCTS

# JUST OUT!

## FOR HOME AND FAMILY

By Tom Jackson and Nancy Hall

**ABOUT THESE PRODUCTS**

Check your favorite stores for these new and helpful products, or write to the manufacturer for a list of retail sources near you. Please don't send a check or request an order form from the company. The suggested retail prices listed may vary by store and area of the country.



**BAKES BREAD** at the touch of a button.

### ◀ BREAD-MAKING MACHINE

Drop in the ingredients, turn on the timer and in four hours you have a fresh hot loaf of bread. The machine does all the work, even the kneading. Hitachi Bread Maker, about $330. Hitachi Bread Sales of America, 401 W. Artesia Blvd., Compton, CA 90220.

### CHARCOAL STARTER ▶

Need hot charcoal fast? Use this chimneylike device and starter fuel blocks for a hot fire in 5 to 10 minutes. Charcoal Starter and Lighter, about $14. Christen, Inc., 59 Branch Street, St. Louis, MO 63147.

*continued on page 94*



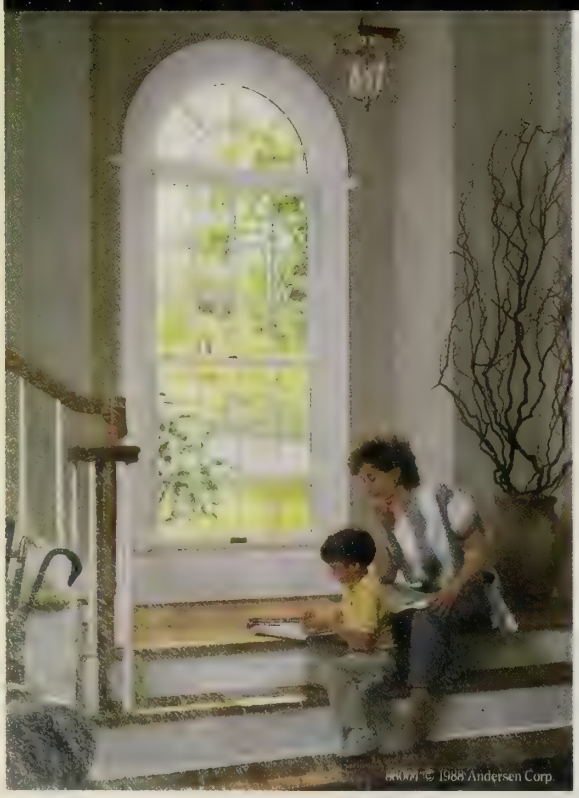
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## NEW PRODUCTS

*continued from page 93*

### PORTABLE DESK AND STORAGE CLIPBOARD

***Lets you take your work anywhere***



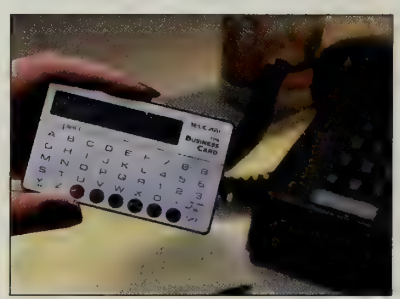
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Portable Desk, $19; Storage Clipboard, $10. Rubbermaid Inc., 1147 Akron Rd., Wooster, OH 44691.

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***Credit-card size, credit-card thin***



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Piacci Platinum Business Card, about $45. Piacci, 1645 Pacific Ave., Oxnard, CA 93030.

*continued on page 97*

# "At Kure Beach, N.C., Day & Night tests its air-conditioners in corrosive salt air—to make sure yours has the right stuff to last."

—Test pilot Gen. Chuck Yeager



Chuck Yeager has the feel for machinery, and the experience in testing, to know the right stuff when he sees it.

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A Day & Night is constructed of top-quality materials. The heart of each unit — its compressor — has valves of hardened steel, with all workings sealed hermetically. Exterior valves are brass. The cabinet is galvanized steel.

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*continued from page 94*

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Temperature changes can wreak havoc in greenhouses, trailers, and freezers. This battery-powered device sounds off when temperatures go beyond programmed levels. It has a range of zero to 159 degrees, and a temperature probe attached to a 20-foot cable. TA700 Digital Temperature Alarm, about $35. Component Design Northwest, Inc., P.O. Box 10141, Portland, OR 97210.

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**PROVIDES LIGHT AND SAFETY** where you need it and during emergencies when you need it.

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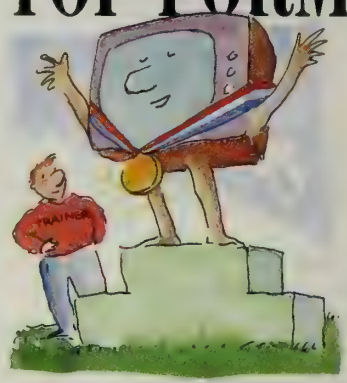
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**Good maintenance is key.**

**You can do plenty to keep your TV at peak performance without risking do-it-yourself repairs.**

### Trouble signs and solutions

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- In these days of VCRs, cable, and video games, check all connecting wires, jacks, and plugs to see that they are secure. Wiggle cables and cords; streaks or snow, or noise in the sound, may mean weakening or breakage.
- To cure a fuzzy picture, try adjusting the tuner; signals can drift off.
- Weak pictures, ghosts, or shadows with cable TV should be reported to the supplier. With an antenna, use steel wool to scrape the lead wires wrapped around the screws on the back of the set. Check outside antenna arms for corrosion and wires for breaks. Be sure the antenna is grounded before attempting repairs or replacement.
- For renewed brightness, wipe the screen with a soft cloth dampened with all-purpose or glass cleaner; don't spray on directly. Once in a while, use an antistatic sheet (from your clothes dryer).
- For safety: Allow ventilation on all sides and the bottom. Avoid getting the set wet; if water gets inside, unplug the set and have it inspected before using. Unplug the set during electric storms and while you're away.

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# THE PRIDE'S INSIDE.



# VOYAGER. THI



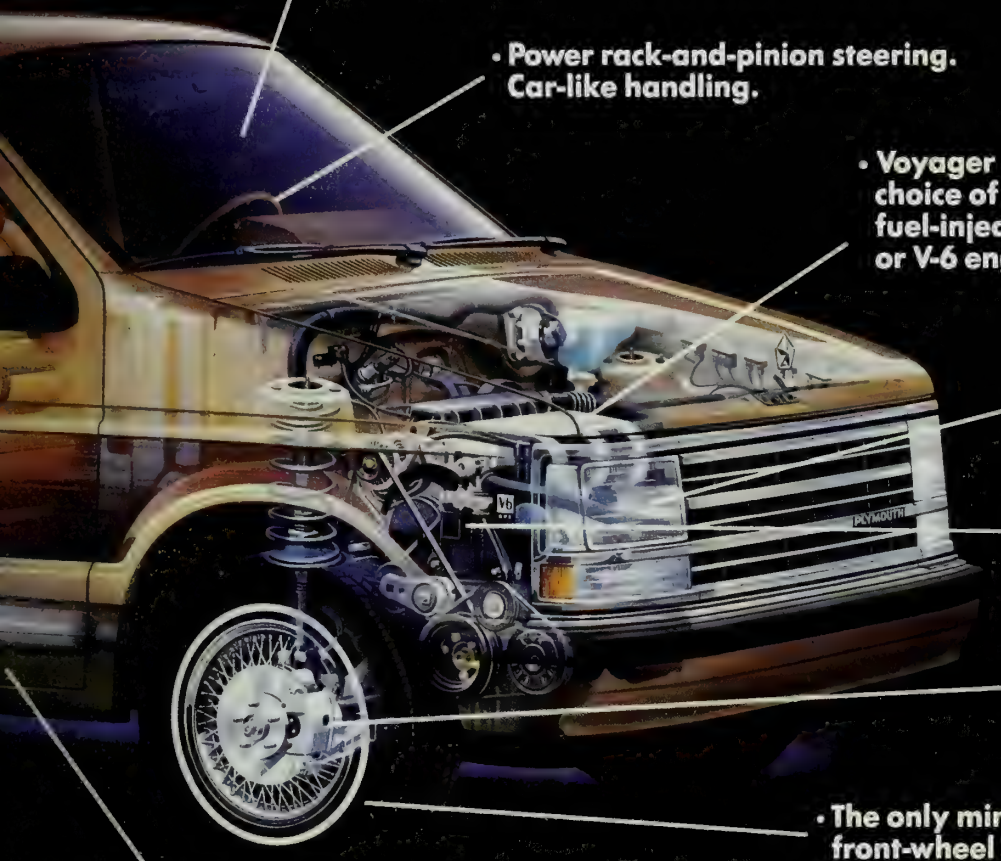
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The #1 minivan in owner satisfaction just got a lot more satisfying.° Because now Plymouth Voyager offers a value package that includes automatic transmission, air conditioning, AM/FM stereo, rear window defroster, deluxe sound insulation and more. A package that saves you $549. You also get Voyager's front-wheel drive, outstanding car-like handling, powerful 2.5 liter fuel-injected engine and Plymouth's 7-year or 70,000-mile Protection Plan.* The longest powertrain warranty of any minivan.

Plymouth Voyager. The Pride's Inside. Before You're Inside.

7/70

Division of Chrysler Motors

††Based on traditional sticker prices of separately purchased options. °J.D. Power & Associates 1987 Compact Truck CSI/customer satisfaction with overall produ quality and dealer service on 1986 models. BUCKLE UP FOR SAFETY.

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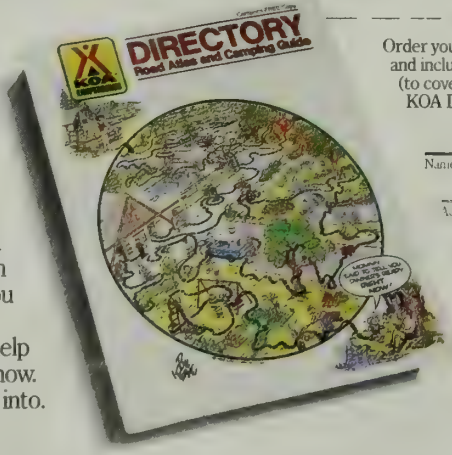



# Finding your way can turn the family vacation into The Family Circus.®

Now it's easier than ever to keep your family travels on track. Because now you can rely on Kampgrounds of America and our KOA Directory, Road Atlas and Camping Guide.

On the front of the KOA Directory is Bill Keane's Family Circus. Inside you'll find a full page map of every state in the Continental U.S. and every province in Canada, along with a listing of nearly 650 KOA Kampgrounds, each with directions and a local area map to help you find them.

So for your next family getaway, let KOA help you find your way. Order your KOA Directory now. You'll find out why KOA is a great place to check into.




Order your KOA Directory, Road Atlas and Camping Guide now and include KOA in your next family outing. Just send $2.00 (to cover postage and handling) and this coupon to: KOA Directory, PO. Box 30162-BHG, Billings, MT 59107.

Name _____

Address _____

City _____

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*A great place to check in to!*

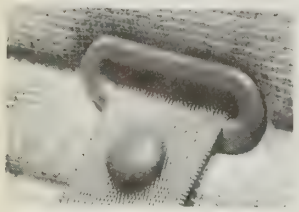
KOA KAMPGROUNDS

Would you like to own your own KOA Kampground?
Write to: Dave Johnson, KOA, Inc., P.O. Box 30558 Dept. BHG, Billings, MT 59114

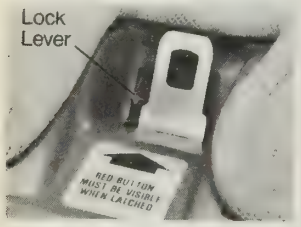
# A Safety Message:

# If your Fisher-Price Car Seat doesn't have a button stop, call us now. We'll send one free.

## 1-800-334-5439



**1.** Button-Stop limits how far shoulder belts retract.




**2.** If shoulder belts do not unlock when the shield is released, simply lift up the lock lever, release tension on the shield, and then pull the shield. Keep this area clean.

Some parents have told us that when unlatching the shield of our Car Seat the belts have retracted and locked at the neck causing the child to start choking.

No serious injury has occurred. However, Fisher-Price has addressed this concern by adding a button stop in newer models. This stops the belts from retracting too far.

If your Fisher-Price Car Seat doesn't have a button stop on one of the shoulder straps, call us today toll free between 8:30 and 4:30 p.m. Eastern Time or write to:

**Fisher-Price**
**Consumer Affairs**
**P.O. Box 16**
**East Aurora, NY 14052**




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DECORATING

# THE WALL BED

## A HIDDEN ASSET WITH SPACE DIVIDENDS

**Pinched for space at your place? Chances are a bed is taking up too much room. Here's one answer.**

### Murphy's hoorah

Once a catalyst for laughs in comedy sketches, wall beds (some still carrying the familiar, trademarked name "Murphy Bed") are now a serious answer to the problem of shrinking living space. Perfect for giving one room a dual purpose, the drop-down beds tuck into a wall system that offers additional storage. Also available are units that fold into closet spaces.



PHOTOGRAPH COURTESY OF SICO, INC.

**Sico's contemporary wall system houses two twin-size beds.**

### Sleeping beauties

Offered in contemporary and traditional styles, wall beds slip into any scheme. The beds are built for comfort—they hold standard mattresses and box springs.

**WHERE TO FIND ONE**

**For information contact:**

- Sico Inc., P. O. Box 1169, Minneapolis, MN 55440. 800/328-6138
- The Murphy Bed Company of America, 3949 N. Federal Hwy., Fort Lauderdale, FL 33308. 800/845-2337
- Techline, 500 S. Division St., Waunakee, WI 53597. 800/356-8400.



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For more information on the complete line of F. Ramond products call 1-800-443-0100 Ext. 590B

# Something sensational is going on in America's bedrooms.

**New one-piece BedSack® and dust ruffle.**

The perfect marriage. BedSack® beauty, comfort and protection united with dust ruffle elegance. BedSack Plus® is a one-piece patented* sensation —goes on and off like a fitted sheet, and fitted sheets slip on magically over it. Makes the bed and dresses it up with the ultimate in convenience. Machine washable and dryable.

BedSack Plus. Another Perfect Fit innovation.



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Good Housekeeping

Du Pont TEFLON® soil & stain repeller is used on many Perfect Fit products

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A beautiful bow window may be just what you need to wrap up your home. Or maybe it's a bay. No matter how you want your picture window to hang, Marvin Windows will build it to fit. Because at Marvin we build every window to order. Picture Marvin Windows in your home with the help of our free full-color Idea Book. To order, call toll-free **1-800-346-5128** (In Minnesota, 1-800-552-1167) or return the coupon below.

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BUILDING

# DECKING OUT A SLOPING SITE

## HILLSIDE SITE GAINS SPACE FOR FUN IN THE SUN

**Angled decking and a terraced landing stairstep to the lawn from a hillside porch. The deck encircles a brick firepit.**

### Adaptable design

Jean and Kenneth Andersen's new deck conquers a problem lot that slopes up on one side near a steep ravine. Their landscape architect's solution might help tame a slope in your own backyard. He teamed an angled deck and terraced landing that cascade gently from house to lawn, offering bonus outdoor living space plus sweeping views of the ravine. A similar design strategy could net extra space on most any incline, even one that slopes upward toward the rear property line.



PHOTO: SUSAN GILMORE, LANDSCAPE ARCHITECT AND ANDERSON ASSOC.

This hillside deck features fireside seating and sweeping views. Terracelike steps link the deck to the lawn.

The deck's angled shape melds with the shoulder of the slope and wraps around a brick firepit. In warm weather, the firepit's wooden lid doubles as a table.

The decks are built with smooth-four-sides (S4S) cedar decking on a pressure-treated frame. The firepit rests on its own footings; it was installed first, then the deck was built around it. BHG

# "Finally! After 21 years of nagging back pain, a product that works."

James E. Willingham
Noted Financial Advisor
Raleigh, North Carolina






## BACK JOY SEAT®

"After 21 years of trying every back product I could find, I finally asked my son, an inventor, to develop something new that would *relieve* back pain, not just ease it.

"Two years later he handed me BACK JOY. To my amazement, I experienced relief after only 5 days of use.

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Try BACK JOY® for 30 days; it will work for you or your money back. BACK JOY® costs only **$35.00** (includes shipping).

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Please send me BACK JOY® at a cost of only $35.00 each. I pay no shipping or handling fees. I have a money back guarantee.

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**BACK JOY® is available through Pharmacists and Health Professionals, nationwide.**

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# BASIC BATH UPDATE

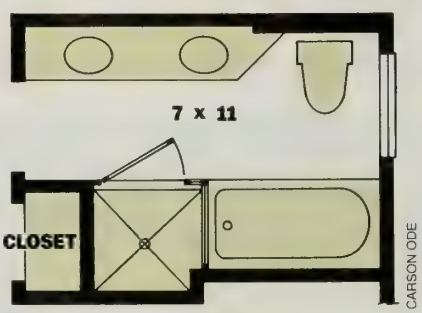
## SAME-SPACE REMODELING



PHOTOGRAPHS: ERNEST BRAUN ARCHITECT: PETER GOLZE FIELD EDITOR: HELEN HEITKAMP

**Fixtures, vanity, and lighting bring this '60s bath into the '80s.**

**By keeping the basic layout intact and adding new fixtures and surface materials, you can blast the past and save a bundle on a small-bath remodeling.**




CARSON ODE

**Work with the existing floor plan.**

### SAAVY STREAMLINING

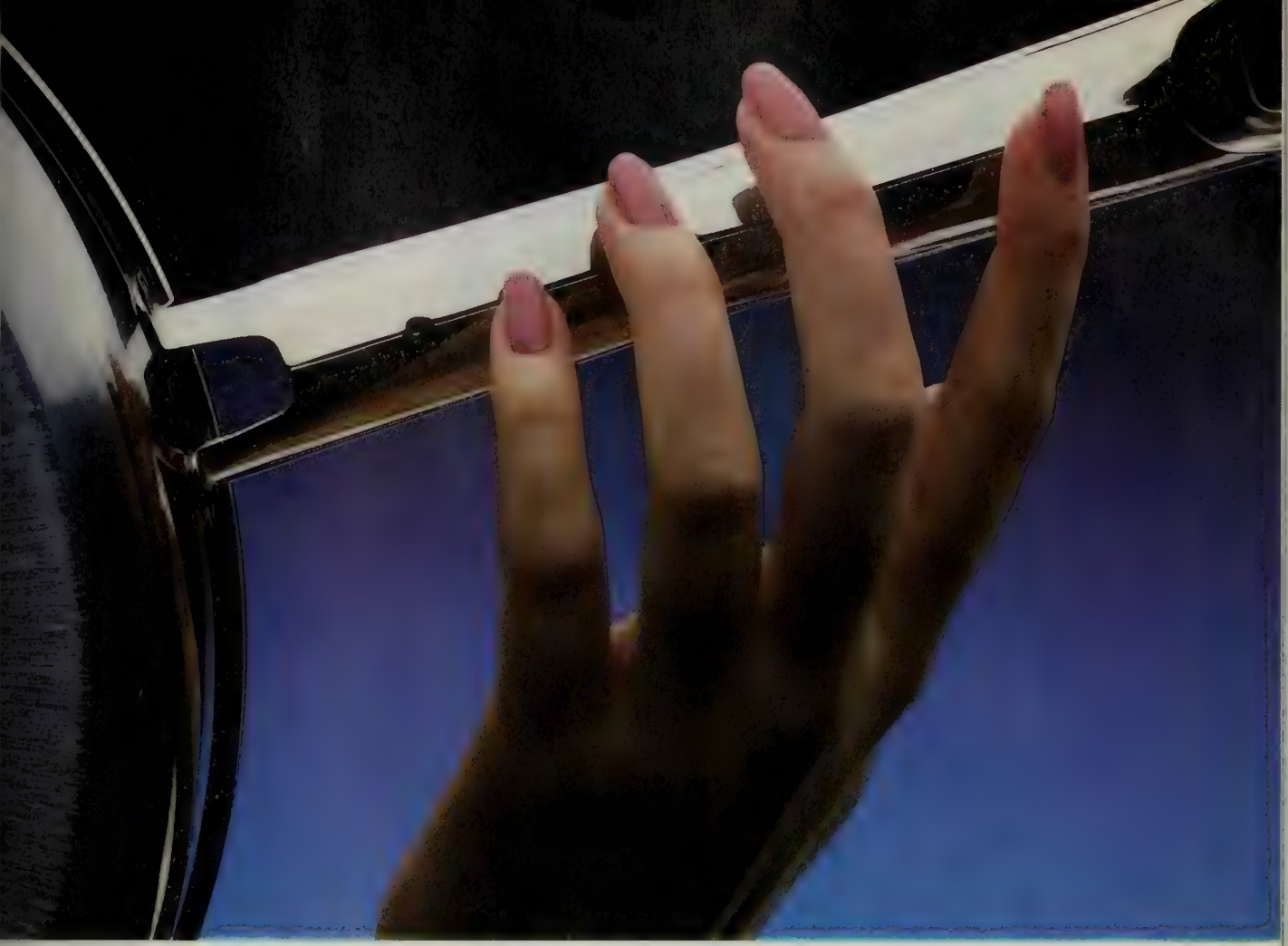
Avoid the expense of relocating water and sewer lines by installing new fixtures in the same locations as the old. Up-to-date lighting, fresh paint, and ceramic tile will complete an economical redo. In this bath (*right*), a skylight dramatically opens up the room.

### ELEMENTS OF STYLE

A double-sink vanity with easy-care laminate countertop meets the needs of a busy family better than the single-bowl lavatory it replaces. Above the sink, an expansive mirror topped with strip lighting reflects the new stairstep tile treatment on the opposite wall. A vault capped with a new skylight admits light to the glass-doored shower. BH&G



**Shower under a skylight.**



# SIMPLY ONE OF THE FINEST COOKING INSTRUMENTS EVER MADE.

Small details make a big difference in cookware performance. That's why you should choose Farberware® cookware. Farberware is made of the highest-quality, heavy-gauge stainless steel in concert with thick aluminum bottoms for even heating. It's got heat-resistant handles. Snug-fitting covers. And rolled edges for easier, safer handling.

You'll find that same fine attention to detail in our microwave cookware and small kitchen appliances, too.

So choose Farberware. For proven design and classic beauty in perfect harmony with any cooking project.

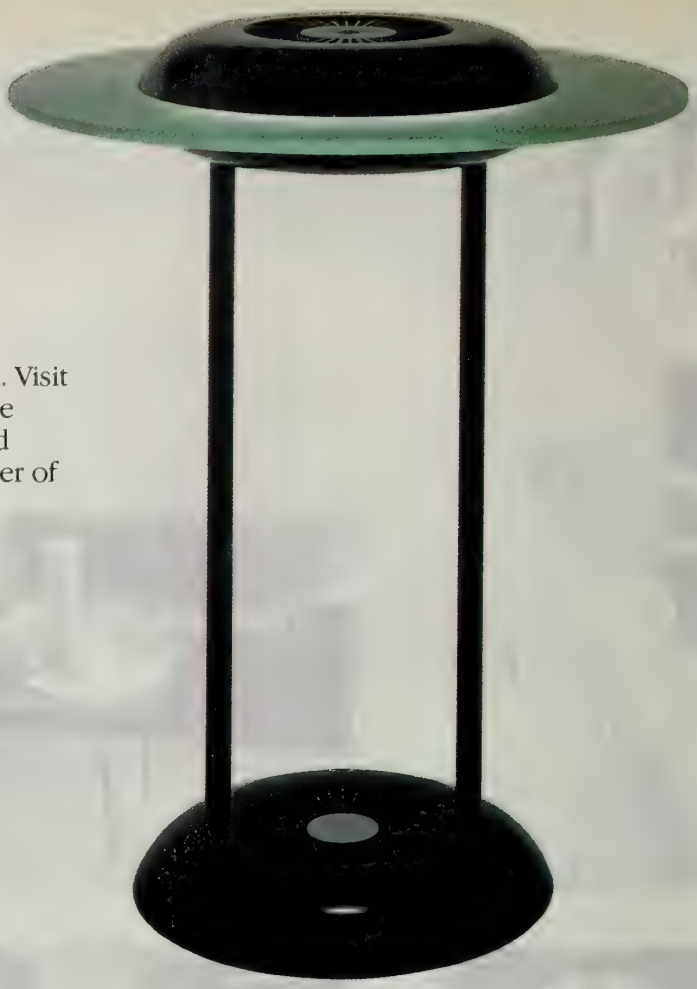


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Saratoga-Gene Wallace Lighting
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THE ASHTON-DRAKE GALLERIES

*In Pursuit of the Unique*

*The Ashton-Drake Galleries presents a dashing young sailor...*

# "MATTHEW"

*A handcrafted porcelain doll so life like, he'll sail right into your heart*




From the twinkle in his eye to the impish way he's already wiggled out of one shoe, "Matthew" is all boy – and picture-perfect in his old-fashioned sailor suit.

The new baby boy in *Yolanda's Picture-Perfect Babies* collection by Yolanda Bello, "Matthew" is the essence of a curious little tyke exploring the world around him with innocent delight.

Commissioned by the Ashton-Drake Galleries, he represents the centuries-old tradition of classic character dolls – dolls so treasured, many become heirloom collectibles cherished for generations.

## A Masterpiece of the Dollmaker's Art

"Matthew" is meticulously handcrafted with head, arms and legs cast of fine porcelain that's hand-painted in soft, lifelike colors. His sailor suit is carefully hand-tailored and trimmed with satiny stripes and antique nautical buttons. His removable sailor's tam is topped with a jaunty red pompom, and even his blue satiny blanket matches his adorable outfit. As a final touch, "Matthew" bears the signature of artist Yolanda Bello as well as the hallmark of the Edwin M. Knowles China Company... renowned for its long tradition of quality porcelain.

## An Ashton-Drake Galleries Exclusive

"Matthew" can be yours to cherish for only $58.00. But you must act promptly...this extraordinary doll is issued in an exclusive edition. Each doll is individually hand-numbered and accompanied by a matching numbered Certificate of Authenticity.

## Your Satisfaction is Completely Guaranteed

You may, without hesitation and for any reason, return "Matthew" to us at any time within one full year after you receive him. We will refund your purchase price, including postage, with no questions asked.

© 1987 The Ashton-Drake Galleries
212 West Superior Street
Chicago, Illinois 60610

AD-1060

TEAR OFF, COMPLETE, AND MAIL

**RESERVATION FORM**

PLEASE RESPOND BY:
June 15, 1988

Mail to:
**THE ASHTON-DRAKE GALLERIES**
212 West Superior Street
Chicago, Illinois 60610

**YES** Please enter my reservation for "Matthew," from *Yolanda's Picture-Perfect Babies* collection. Limit: One doll per customer.

I understand that I need SEND NO MONEY NOW. I will pay for "Matthew" in three convenient monthly installments of $19.33* each, the first being billed before shipment of "Matthew."

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Signature Date

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*Plus a total of $1.94 home delivery fee and applicable state sales tax.

Allow 4 to 6 weeks for delivery.

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CARS

# THE NIFTY NEW MINIVANS

## HARDWORKING, SPACIOUS, AND FUN FOR THE WHOLE FAMILY

By Mike Knepper

***Auto expert and free-lance writer Mike Knepper tells you about the hottest idea to hit the American auto market in years.***

### Coming on strong

Virtually unheard of a few years ago, more than 600,000 family minivans were sold in the U.S. last year. That makes this ingenious hybrid vehicle class one of the fastest-growing ever—likely to surpass conventional station wagons in sales before long.



PERRY STRUSE

**Minivans serve all sorts of family transportation needs.**

The minivan concept isn't new. Volkswagen began selling its Bus—now the Vanagon—in the U.S. way back in 1950. But it wasn't until 1984, when Chrysler introduced its Dodge Caravan and Plymouth Voyager, that the idea really caught on. Today, you have seven models to choose from.

### Why the rage?

In a word, versatility. In another word, fun—with a surefooted sense of control while you're at it:

ishes. But this is all you need to know.



When you prepare seafood, chicken and lighter foods with Lea & Perrins White Wine Worcestershire Sauce, you can unlock the secret to truly extraordinary dishes.

Its exquisite blend of white wine and the choicest herbs and spices adds a delicate, yet distinctive flavor to lighter foods.

Lea & Perrins, makers of the original Worcestershire for hearty foods, now brings you Lea & Perrins White Wine Worcestershire for lighter foods.




Seafood Pasta Salad

2 cups tri-color spiral pasta, cooked
1 cup cooked shrimp or
1 can (6½ ozs.) tuna, drained and flaked
⅓ cup green bell pepper, diced
¼ cup carrots, sliced
½ cup zucchini, sliced
⅓ cup Lea & Perrins White Wine Worcestershire
⅓ cup mayonnaise
Salt and pepper to taste

In a mixing bowl, combine pasta, shrimp or tuna, bell pepper, carrots and zucchini. Add Lea & Perrins White Wine Worcestershire, mayonnaise, salt and pepper and toss lightly to combine. Refrigerate at least 30 minutes before serving. Serves 4

**For a free recipe book, write to Lea & Perrins, P.O. Box 1579, Ridgely, MD 21681**

● A minivan can hold almost as much cargo and/or people as its full-size sibling van. But unlike a conventional van, a mini is as easy to drive and park as a station wagon. You can enjoy a ride as smooth and comfortable as a sedan offers. And you'll buzz right into a normal garage or regular car wash with no trouble.

● Most minivans hold a driver and six passengers. But even filled to capacity, minis offer a good bit of storage behind the rear seat—one reason that camping families love them.

● You'll have a picnic driving a minivan—and a surprising sense of security, if you've never driven one before. You're perched up higher than the surrounding traffic, for an unobstructed view. The windshield is close, so you feel you're right where things are happening. What's more, steering, braking, and sense of control feel the same as with a regular car.

## Product distinctions

We've listed basic engine and other data beneath the product photos on these pages. Prices applied at press time and do not include transportation or dealer prep. The EPA combined rating is a relatively accurate prediction of the average fuel economy you can expect in a variety of driving conditions over a long period of time. As you shop, also consider how you'll be using your

*continued on page 102*



**FORD AEROSTAR.** Engine: 3.0-liter, V-6, 145 hp.; standard 5-speed manual transmission, 4-speed automatic available; EPA combined rating, 22.4 mpg. Base: $11,615.



**PLYMOUTH VOYAGEUR/DODGE CARAVAN.** 2.5-liter, 4 cylinders, 96 hp.; 5-speed manual or 3-spd. automatic; EPA 27.7 mpg. Base: $10,887. 136-hp. V-6 available.



**TOYOTA VAN.** 4 cylinders, 101 hp.; standard 5-speed manual transmission, optional 4-speed automatic; 4-wheel drive optional; EPA combined, 22 mpg. Base: $12,838.

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## NEW MINIVANS

*continued from page 101*

minivan and compare these factors:

- Towing capacity varies from 2,000 pounds (Nissan Van) to 6,000 (Ford Aerostar, Chevrolet Astro, including cargo and passengers). You may need trailer brakes for maximum loads.
- As an option, the Dodge Caravan and Plymouth Voyager now offer extended wheelbase versions for increased cargo capacity and seating for eight.
- Only the Caravan and Voyager are front-wheel drive, which generally provides better traction in inclement weather and leaves the floor low to the ground for easy entrance and exit. The rear-engine Vanagon offers similar access ease. All the other models are built over a drive shaft that runs to the rear wheels. That allows a flat floor for easy load carrying, but keeps these minis relatively high off the ground.
- The Vanagon Synchro model and Toyota's Van come with 4-wheel drive.
- The engine and transmission on the Caravan and Voyager lie horizontally under the vehicles' noses. Nothing protrudes into the cabin, making the front-seat area the most sedanlike of the bunch. So is the driving sensation, thanks to a relatively soft suspension.

The Chevrolet Astro and Ford Aerostar engines protrude into the passenger compartment only slightly. Large windshields and relatively high seating

*continued on page 105*



**CHEVROLET ASTRO.** 4.3-liter, V-6, 150-hp. engine; 5-speed manual transmission, optional 4-speed automatic; combined EPA, 20 mpg. Base: $10,696.



**MITSUBISHI WAGON.** 2.4-liter, 4-cylinder, 107-hp. engine; standard 4-speed automatic transmission; combined EPA rating, 19 mpg. Base: $14,269.



**VOLKSWAGEN VANAGON.** 2.1-liter, 4-cylinder, water-cooled, 95 hp.; 4-speed manual transmission, or 3-speed automatic; 4WD on Synchro; EPA, 17 mpg. Base: $16,240.

# Finally, a bacon so much leaner you can buy it with your eyes closed.




Oscar Mayer® Center Cut bacon is naturally hardwood smoked, hand-trimmed and verified by the USDA to be 25% leaner than regular bacon.

**25% leaner. 100% Oscar Mayer.**

*Just the best that it can be.*

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*continued from page 102*

positions make you feel as though you're in a tall car or a pickup.

With the transmission between the seats in the almost noseless Nissan, Mitsubishi, and Toyota, the windshield close to the wheel, and the driving position high, the sensation is the most like driving a bus, as it is with the rear-engine Vanagon.

● All minivans have bucket front seats. You can move between them to the rear on the American models and the Vanagon. Engine and transmission placement on the Japanese models prohibits such access to the rear.

● The Caravan and Voyager look quite conventional, like lofty station wagons with short noses. Toyota, Mitsubishi, and Nissan minis all have squared-off profiles and vestigial noses. The Astro and Aerostar are the most vanlike, with the Ford's dramatically sloping front end a new twist. As always, the venerable Vanagon is as upright as a shoebox on wheels.



**NISSAN VAN.** 2.4-liter, 4-cylinder, 106-hp. engine; rear-wheel drive; 5-speed manual transmission, optional 4-speed automatic; EPA combined, 19 mpg. Base: $14,599.








# Shouldn't you buy a Hunter Fan because it's 90% quieter? We rest our case.

Actually, these situations just illustrate what a recent independent test by a leading acoustical research facility proved. In that test, Hunter's lowest priced fan line ran *90% quieter* at low speeds, and *57% quieter* at medium than the average of the fans of the five largest competitors.*

Of course, the reasons why are simple. Hunter's powerful, smooth-running motor, vibration-free hanging system, and precision balanced real wood blades with special noise isolators.

Just a few of the many features that not only assure you of a better fan. But a better night's sleep, too. ***Building the best for over 100 years.***

HUNTER®
The Quiet Fan.

**Tested against the five largest selling ceiling fan manufacturers who account for over 50% of total fan sales.*

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Your veterinarian has a new way to prevent heartworm disease. It's HEARTGARD-30,® the first heartworm tablet you give just once a month.

HEARTGARD-30 ends the need to medicate your dog every day.

Free yourself from dosing your dog daily for heartworms. **See your veterinarian today about new, once-a-month HEARTGARD-30.**

Heartgard 30® (ivermectin)

**COMPOSITION**: Each HEARTGARD-30 tablet contains 68, 136, or 272 micrograms ivermectin. **INDICATIONS:** HEARTGARD-30 is for use in dogs to prevent heartworm disease caused by *Dirofilaria immitis* by eliminating tissue stage larvae. **PRECAUTIONS:** Dogs should be tested by your veterinarian for existing heartworm infections prior to starting treatment with HEARTGARD-30. A mild hypersensitivity-type reaction, involving a transient diarrhea, may occur after the treatment of dogs that have circulating microfilariae. When given at many times the recommended dose, ivermectin, the active ingredient in HEARTGARD-30, caused serious adverse reactions, including death, in certain dogs, particularly of the collie breed. **Observe collies closely for at least eight hours after treatment. If unusual signs, such as dilated pupils, depression, or a staggering gait are seen following treatment, contact your veterinarian immediately.** HEARTGARD-30 is not effective for treatment of adult heartworm infections or for clearance of microfilariae. **CAUTION:** Federal (U.S.A.) law restricts this drug to use by or on the order of a licensed veterinarian. Keep this and all drugs out of the reach of children. See your veterinarian for complete information.

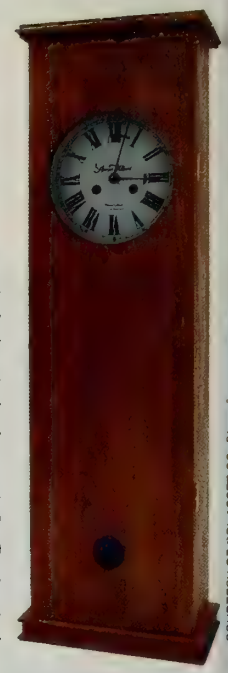
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Rahway, NJ, USA 07065-0912

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# CLOCKS TO WATCH

**In up-to-the-minute and timeless designs, clocks are a striking addition to any decor.**



## Timely ticker

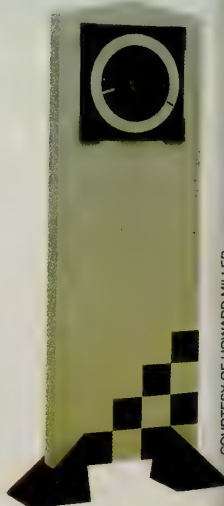
Based on an 18th-century original, this simply lined clock will keep pace with today's country-fresh interiors. It's cloaked in clear pine. $429 (or $264 for a kit) from *Cohasset Colonials,* 258EX Ship St., Cohasset, MA 02025.



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## Classic clock

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COURTESY OF HOWARD MILLER

## Clockwork of art

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*Pictured left: Walk mower with optional catcher. Inset: With optional Pac-N-Sac.®*

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See riding mower inset



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*ured right top: Rider with optional bag. Inset: Twin bag. Bottom: Lawn or with optional twin bag. Inset: Decks.*

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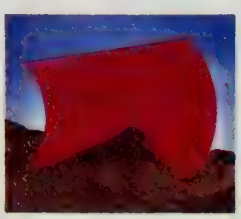

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# DENMARK

## COPENHAGEN FOR THE WHOLE FAMILY

By Kay Kenady Sanger



The Little Mermaid: A city landmark.



PHOTOGRAPHS BY KAY SANGER EXCEPT WHERE NOTED

*Summer crowds linger at Copenhagen's colorful harbor front. Restored buildings throughout the city give the Danish capital a playful, festive air.*



Open-air shopping in a downtown square.

GEORGE S. BUSH



GEORGE S. BUSH

**COPENHAGEN IS SURE TO DELIGHT YOUR KIDS. EXPLORE THE DANISH CAPITAL AND USE IT AS A BASE TO VISIT NEARBY MISTY ISLANDS AND DUNGEONED CASTLES.**

### Fairy-tale settings

A family vacation in Copenhagen will unfold like a visit to some secret storybook land. Cobblestone streets wind past thatch-roofed houses that seem like settings from Hans Christian Andersen's fairy tales. Boat rides take you gliding down centuries-old canals. Fireworks, concerts, and puppet shows brighten summer nights at the Tivoli Gardens, the famous amusement park that may have inspired our own Disneyland. And, at the royal palace, the guards in their regal bearskin hats solemnly drill for the Queen.

Our family of four had a grand vacation in Copenhagen last summer (the time of year when the best outdoor attractions for children are open). Despite the falling dollar and high-season prices, our two-week trip cost us about $950 per person.

*—Kay Kenady Sanger is at work on a children's guide book to Los Angeles.*

### Here's how we did it

***Planning***—To focus the attention of our television-age kids on their upcoming adventure, we rented videos about Denmark. *Hans Christian Andersen,* starring Danny Kaye, prompted all of us to reread Andersen's fairy tales. The movie *Hamlet* gave the children a sense of royal history (before we visited the real Hamlet's castle at Helsingör). Each night we talked about the trip. Our daughter, Kristin (14), and son, Ted (10), helped my husband, Tom, and me plan the itinerary. The kids made sure we scheduled enough time to see Denmark's three amusement parks.

***Getting there***—A charter flight cost $300 less than scheduled-carrier seats. Tower Air flies twice a week from New York to Copenhagen (round-trip adult fare: $600; kids 12 and under: $360).

***Lodgings***—We sought out small, reasonably priced bed-and-breakfast inns. They lacked amenities like TV sets, in-room baths, and lobby restaurants, but the cost was only $22 per person (including the 50-percent discount for children under 12). The rooms were uniformly clean, with comfortable beds (roll-aways for the kids) covered with typical Danish down quilts.

*continued on page Z6*



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The Cabot Trail, Nova Scotia

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# Highland Trails

The colonists who named this peninsula Nova Scotia, or "New Scotland", were struck by its resemblance to their homeland across the ocean. And nowhere is this name more fitting than along the breathtaking Cabot Trail, which rings Cape Breton Island's often rugged perimeter.

Canada's eastern provinces are rich with old world feelings, from the distinctively French Acadian flavour of northern New Brunswick to the early Viking encampments in Newfoundland.

And by car, by causeway or by world-class ocean-going ferry, these seaside provinces are fun to explore. This summer, take advantage of the hefty premium on your U.S. dollar. And spend a little time on our friendly foreign shores.

For information, call: New Brunswick: 1-800-561-0123; Newfoundland: 1-800-563-6353; Nova Scotia: 1-800-341-6096 from Mainland U.S., or 1-800-492-0643 from Maine; Prince Edward Island: 1-800-565-9060, or, west of the Mississippi, (toll call), 1-902-368-4444.



**Petty Harbour**
*One of Newfoundland's many colourful outposts.*



**How to carve a pheasant?**
*Whimsically. Folk art thrives in Nova Scotia.*

Canada

The World Next Door



*continued from page Z2*

Each morning, the inns served up free Danish breakfasts of breads and cheeses.

***Easy ways to get around***—The greatest bargain in Denmark has to be the Copenhagen Card. The three-day transit pass costs about $20 per person. Use it for passage on buses and trains throughout Copenhagen. The card also gives you free admission to museums and other attractions, including Tivoli.

Efficient trains, buses, planes, and ferries take you anywhere outside the capital. But the best way to travel may be by rental car (about $44 per day). Uncrowded, well-marked roads make driving a snap. When you need directions, chances are the Danes you stop to ask will speak good English.

***Meals***—Sometimes the inns' free breakfasts kept us full until an early dinner. More often, we bought picnic supplies for lunch at a local grocery store. Evenings, we watched for the red and white *Danmenu* signs—the welcome mark at restaurants that serve full-course meals for about $10 per person. Just for a change, we dined at low-cost Italian and Chinese restaurants.

***Shopping***—Foreigners flock to the Stroget, a shop-lined downtown street. Good buys for kids: finely crafted wooden toys and Lego blocks, hand-knitted sweaters, and wool gloves and scarves. Teens like European posters and records that are not available at home.

## Favorite family sights

***Nyhavn Harbor***—Open-top boats cruise Copenhagen's harbor—a fine way to relax after a morning of sightseeing on foot. Restored sailing ships sway with the afternoon breezes. Many of these ships still ply the Danish coast. Along the harbor banks, shops and restaurants cater to the strolling crowds. The boat docks near Copenhagen's most famous landmark, *The Little Mermaid* (see photo, *page Z2*). Kristin and Ted had fun playing with Danish youngsters around the venerable 75-year-old statue.

***Bakken***—The world's oldest amusement park has entertained kids for over 400 years. Even today, you'll feel as if you've journeyed back to a Renaissance fair. A horse-drawn carriage awaits your train near the park entrance. The 10-minute ride takes you into a deep forest, as deer watch warily through the trees. Inside the park, clowns, jugglers, and magicians perform along a rustic midway, and groups of families join impromptu sing-alongs.



*Tivoli Gardens' guilded gates have welcomed families for 143 years.*



GEORGE S. BUSH



*Within Tivoli's walls, marionette shows and concerts, take place alongside rides and outdoor cafes.*

GEORGE S. BUSH





*Denmark is great biking country. Trails—safely separated from roads—traverse the countryside. We rented bikes ($2 per person) at the beach resort, Tisvilde, north of Copenhagen.*

***Copenhagen Zoo***—The recently modernized zoo—one of the best in Europe—should be visited on a clear day. After you've seen the impressive animal collections, climb the tower near the children's zoo. The view takes in the entire city, and often you can see the Swedish coast across the Nivaa Bay. Kids sail boats in a pond nearby. A "family garden" is reserved for folks who bring their own picnic lunches.

***Circus***—What better way to round out your kids' visit to this playful city than a night at the circus? The best European artists perform nightly during the summer under the big top.

***Hamlet's Kronborg Castle***—Keep a watchful eye for the old Danish king's ghost as you tour this many-towered 16th-century fortress. The castle features an underground dungeon sure to fascinate your kids. Kronborg sits 20 miles north of Copenhagen, easily reachable by train.

***Hans Christian Andersen's house***—A three-hour train and ferry ride from Copenhagen takes you to the misty island of Funen, birthplace of the renowned children's author. The 200-year-old house holds Andersen's original manuscripts and drawings. At a theater close by, children perform plays in mime (no language barrier here!) based on Andersen's stories. Shop and explore the author's home town of Odense, or visit Egeskov castle with its brick turrets and fortress walls.

***Legoland***—Some 25 million of the colorful plastic blocks were used to create a theme park, complete with miniature towns, castles, and replicas of world monuments (including Mt. Rushmore). The world's grandest dollhouse might lure youngsters from the amusement rides. A children's theater puts on ballets, puppet shows, and concerts.

## Find out more

***Danish Tourist Board, 655 Third Ave., Dept. BHG, New York, NY 10017 (212/949-2333).***


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BUILDING

# UPDATE ON HAND DRILLS

## THEY'RE PORTABLE, RELIABLE, AND VERY SAFE



PERRY STRUSE

**The dependable push drill (left) and hand-crank drill weigh less than 12 ounces.**

### ADVANTAGES

Hand-operated drills still get a workout around many homes, despite the availability of inexpensive electric drills. Hand drills are prized for their portability: they generally weigh 8 to 12 ounces, most are less than 12 inches long, and they slip easily into a pants pocket or work belt. You can store them in a desk or kitchen-cabinet drawer, saving you a trip to the basement for the ol' toolbox.

Hand drills present no danger of shock when used around water, and they work in tight or narrow places where bulky power drills can't reach. When used with sharp drill bits, they require very little muscle power.

For the novice do-it-yourselfer, hand-held drills are less intimidating than a power tool. Even advanced woodworkers appreciate the precision, sturdiness, and reliability of good hand tools.

### PUSHERS

You need to use only one hand to operate a push drill such as Stanley's Yankee drill (left in photo). When you push the handle toward the material you're drilling into, a ratchet mechanism inside the drill turns the bit—usually three revolutions for every push. The Yankee drill's handle stores 8 drill bits, from 1/16 to 11/64 inch in diameter, which can be replaced without using a chuck key. You can also get push drills from Brookstone and Sears. They range in price from about $10 to $20. Look for one with all-metal chuck, gears, and spiral shaft to be sure it will endure for years.

### CRANKERS

Operating a hand-crank drill takes both hands, one to hold the drill and one to turn the crank. The Fiskars Eurostyle model (right in photo) is an updated version of the good old hand-crank drill.

Fiskars' drill comes with four bits, from 3/32 to 3/16 inch, that store on the tool's shank. But it will accept any standard bit up to 1/4 inch in diameter, and you don't need a chuck key to change bits. Sears and Stanley also make small hand-crank drills, which sell for about $17 to $33.


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FURNISHINGS

# DECORATING Q & A

## ANSWERS TO COMMON QUESTIONS

### ROOM TO GROW

**Q:** ***I'd like to move my twin daughters from their separate, 9×9-foot rooms into a spacious 16×20-foot room. Because sharing a room is a big step for them, I'd like to give them a sense of privacy by creating the illusion that they have their own space. Any ideas?***

**A:** To create separate but equal spaces in a shared room, start with the space around a child's bed, which may be the only spot in the room that belongs to her alone. Here are some privacy-promoting ideas you can consider:

- **Separate** your children's beds with some type of storage divider: a bookcase, shelving, or a dresser. A two-sided work counter, desk, or aquarium also can be an effective divider.
- **Install** a ceiling track for curtains or miniblinds, or for wood or vinyl folding doors.
- **Make** a plywood divider that can double as a bulletin board on which each child can display her special talents. Secure the divider to the walls and floor or put it on casters.
- **Hang** a fabric-laminated window shade from the ceiling and raise or lower as needed. Similarly, tack a cargo net or gauzy fabric to the ceiling for a subtle see-through divider.

### WINDOW WONDERS

**Q:** ***I need help in a hurry! My family and I have just moved into a new state and a new home. Because of the high cost of the move, we can't afford to install custom window treatments right away. Do you have any suggestions for making simple, decorative window coverings that will also provide privacy?***

**A:** There are many quick and inexpensive ways to treat your panes for privacy. The secret is imagination. The following ideas may spark yours:

- **Recycle** draperies from your former home—even if they don't quite fit. For example, to make a traverse drapery work in a wider window, transform it into a stationary side-panel treatment. Between the panels, add some inexpensive sheers in a coordinating color.
- **Use** sheet fabric to get a lot of colorful yardage for little cost. With sheets and minimal sewing skills, you can whip up a variety of coverings. For shirred or tieback curtains, simply cut sheets to the desired length, allow for a bottom hem and a rod pocket at the top.
- **Convert** two lace table runners into simple curtain panels for a quick, romantic window dressing. Just attach the lacy runners to clip-on cafe rings and slip them over a tension rod or a decorative cafe rod.

Although we cannot answer every letter in this column, if you have a decorating question, write DECORATING Q & A, Better Homes and Gardens, Dept. ID, Des Moines, IA 50336. Materials cannot be returned.





# Basically, here's what separates the Jenn-Air from ordinary wall ovens.

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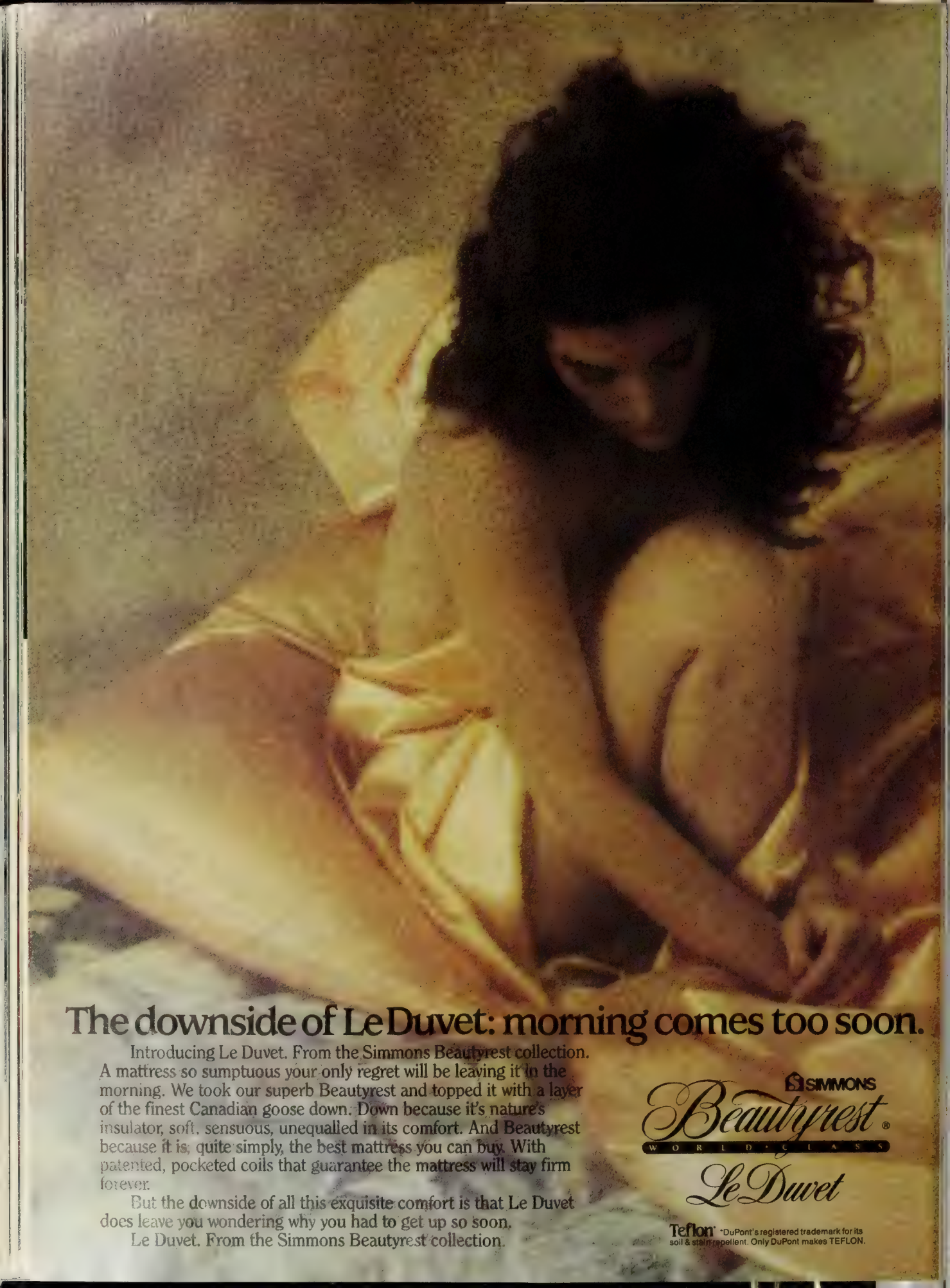
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*To find out more see the Yellow Pages for the Jenn-Air dealer nearest you. Or write Jenn-Air Co., 3035 Shadeland Ave., Indianapolis, IN 46226.* *© 1988 Jenn-Air Co.*





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# MIXED STYLES MAKE THE SET

**TODAY'S MOST PALATABLE AND INTERESTING DINING SPOTS INVITE DIFFERENT-STYLE FURNISHINGS TO THE SUPPER TABLE. IN FACT, THE MORE VARIED, THE BETTER!**



JESSIE WALKER DESIGN SUZU NEITHERCUT

**CLASSIC CAFE CHAIRS and director's chairs make up an intriguing guest list.**

Here's a successful example of mixing to match. With its diverse elements, this dining area offers sit-down-and-stay-a-while style. Two casual director's chairs claim the head and foot of the table; four classic cafe chairs provide the rest of the seating.

Even though the chairs differ in look and period, they mix beautifully. Why do they work so well? Both styles are equally informal. Also, the tone of the wood in the chairs is the same, so the colors don't compete. Even the rust-colored covers on the director's chairs blend right in.

Another reason behind the success of this room is the metal-base, glass-topped table. It brings an intriguing contemporary touch to the space. In addition, the glass top makes the table almost invisible, giving center stage to the personable mix of chairs.

## CREATE YOUR OWN

Here are two fail-safe tricks for creating your own special mix-and-match dining scheme:

- Choose seating pieces that exhibit the same degree of formality or informality to establish the mood.
- Use matching armchairs to give the head and the foot of the table special status.

# WHEN ARCHITECTURE RULES THE ROOST

## DON'T LET FURNISHINGS BE A SLAVE TO STRUCTURE

By Michael Walsh



PHOTOGRAPH: LAURIE BLACK AND ROSLYN BANISH/ARX. DESIGN: KAREN SILBERMAN. FIELD EDITOR: HELEN HEITKAMP

**STRIKE A BALANCE.** The owners of this lofty location play up structural features but don't let them overwhelm.

**DOMINANT ARCHITECTURE CAN BE A GREAT GUIDE, BUT DON'T LET IT BECOME A DECORATING DICTATOR. HERE'S HOW THE OWNERS OF THIS SAN FRANCISCO HOME KEEP IT FROM BECOMING TOO DEMANDING.**

### Lofty goals

Even something as common as a cathedral ceiling, especially one with an off-center beam and hefty exposed rafters, can overwhelm a room. To prevent that from happening in her lofty living room, designer Karen Silberman didn't permit the ceiling to determine furniture placement. A diagonal floor plan ignores the 90-degree angles of the walls and of the beams and rafters above, keeping the room from looking too rigid and boxy. The new skew aids traffic flow by making the sofa in the foreground less of a barrier, but still permits the seating group to embrace the raised-hearth fireplace.

### Point/counterpoint

Light and lacy, contemporary white wicker furniture evokes front-porch friendliness and at-ease elegance that helps to balance the imposing architectural umbrella overhead. Pastel kilims anchor the room, keeping pattern down low so that the ceiling doesn't get more than its fair share of attention. The white painted rocking horse (from an unfinished furniture store), the gaggle-of-geese coffee table, and the carved-cow pull toy add a lighthearted touch that also helps to offset the room's heavy architecture.

### Get a lift with lighting

Strategic lighting can counteract a dark ceiling, too. During the day, barely-there sheer curtains let abundant natural light filter in and fill the room. At night, translucent shades on table and floor lamps disperse artificial light from floorboards to roof beams. Pale walls make the most of light from both of these sources.

Architecture: Ron Silberman


TOMORROW'S
BATHROOMS
TODAY
Glamorous Spaces That Meet Buyer Expectations
ELJER
CAPTURE THE ELEGANCE



*Ken Krengel, CKD, nationally-known interior designer and head of Eljer's Design Service.*

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# TOMORROW'S BATHROOMS TODAY

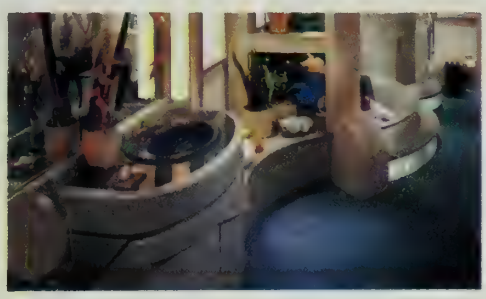
## Glamorous Spaces That Meet Buyer Expectations



**For first-time buyers: young dreamers**



**For move-up buyers: today's traditionalists**



**For empty-nester buyers: new romantics**



**For luxury buyers: affluent achievers**

Photos: Bill Hedrich of Hedrich-Blessing

Today's consumers are homebodies, yet they are homebodies with a difference. They want glamour, especially in the most private places in their homes. They want a sense of enchantment in their master bathrooms, the places in which they seek refuge from the stresses of modern life. No matter whether they are young dreamers, those first-time homebuyers just feathering their nests, or affluent achievers, those luxury buyers realizing the castle of their dreams, they want to live beautifully.

Builders and remodelers need to entice these buyers to fulfill their fantasies. The bulge of baby-boomers moving into the 35- to 54-year old age group have already started on the path of the American Dream of homeownership. They are discretionary buyers. The master bathroom, therefore, can present the ultimate opportunity for builders and remodelers to lure these consumers into realizing their desires.

Tomorrow's bathrooms are those that realize the needs and desire, the dreams and fantasies of today's consumers. For the 1988 version of Eljer's Designer Bathroom Project, four teams of award-winning architects and interior designers were charged to design homes with master bathrooms to entice four different buyer types.The bathrooms, featured in this special section, are in real homes designed to meet the needs of each of four markets: the young dreamers, the first-time buyers just entering the market; today's traditionalists, the families who buy the moderately-priced up-grade; the new romantics, empty or near empty nesters who purchase luxury move-up homes; and the affluent achievers who buy the custom, one-of-a-kind home.

Eljer, the national plumbingware producer, sponsored this project, built the bathrooms and provided all plumbingware. Project coordinator was Christina Farnsworth, Senior Editor of *Professional Builder* Magazine.

For additional copies of this 24-page, Tomorrow's Bathrooms Today, and for information on the plumbingware shown, write to Eljer, Dept. PB, 901 Tenth St., P.O. Box 37, Plano, Tex. 75074.

**Move-up buyers...**

# PERSONAL RETREAT FOR TODAY'S TRADITIONALISTS

The soft tranquility of a blue-spruce forest, the silvery shimmer of platinum and the icy serenity of glass block combine with the design motif of the plumbingware to give this master bathroom the meditative qualities of a spa.

Architect John D. Bloodgood designed the bathroom, shown here, for move-up buyers, families with traditional values and an interest in health. The light-filled room exemplifies a sense of solitude that replenishes the spirit, something that today's parents can use to keep themselves from succumbing to the stresses of normal daily activities in a dual-income family.

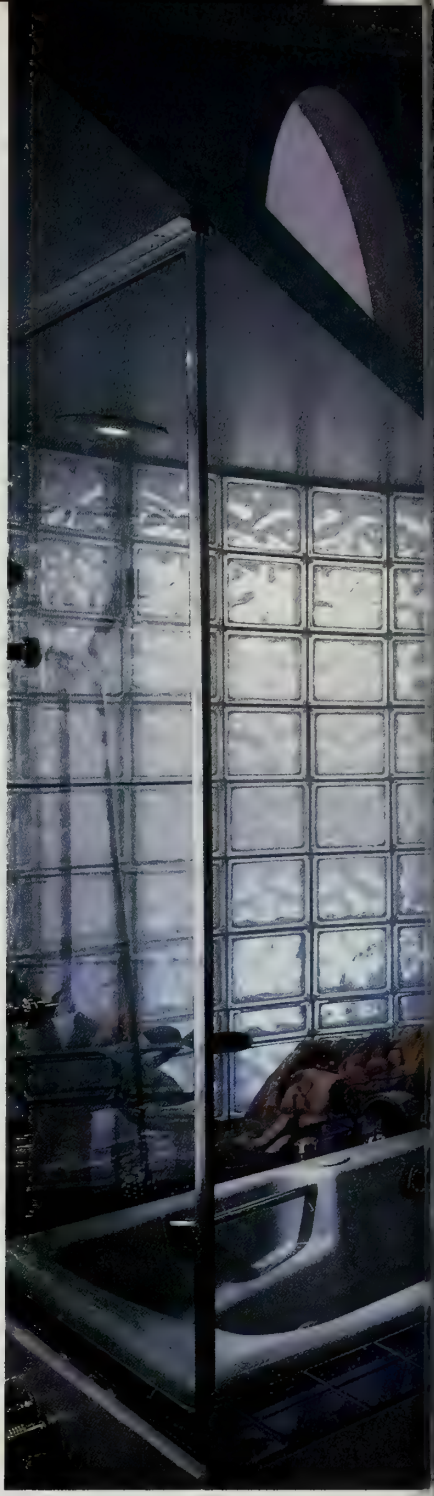
"Move-up families want everything, but they are limited by space and the cost of materials," said Bloodgood. "Our basic credo is not to forget 'the room' in bathroom. This bath is a room in all three dimensions." The diagonal floor plan creates the perception of stretching the room. A barrel-vaulted ceiling arches over the center of the room and provides the feeling of a limitless canopy of the sky. The semi-circular glass shower/tub bay expands the space. The design emanates from the motif established by the plumbingware. A slender arched window reverses the shape carved into the pedestals of the lavatories. The view is of a private walled garden accessible only from the master bedroom.

From the glass-block alcove, the whirlpool bathtub cants into the room and points to the garden window wall. The tub shares the alcove with the separate shower. The glass block continues beyond the alcove to form a private compartment for the toilet and bidet.

Interior Designer Judy Morse continued the sense of tranquility of the design. "Platinum, the whole range of greys, is the new neutral," Morse said. The blue-sky vault and lustrous blue spruce tiles balance the glass block. The color play of coral in tile and accessories adds a special spark of fun.

Light, color and form are the essentials of this master bathroom spa. Natural light suffuses the shower giving the bathing ritual a sense of rejuvenation. The glass wall between the shower and the whirlpool tub provides separation without confinement. A step keeps water within the shower. The tub platform provides space for towels and accessories.

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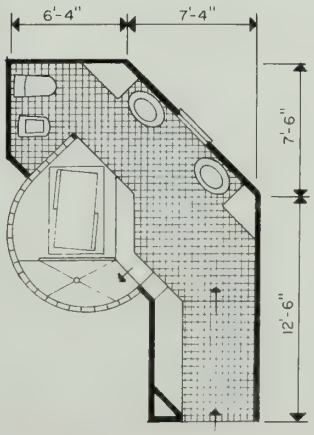


**"We wanted to provide a feeling of luxury and space at a very achievable cost," said Architect John D. Bloodgood, Bloodgood Architects, Des Moines, Iowa.**





"Soft coloration lets the people dominate," said Interior Designer Judy Morse, Aspen Flair Interiors Inc., Denver.




Spa-like master bathroom with an Eljer whirlpool bathtub has a sense of comfort and spaciousness from the blue-sky vaulted ceiling to the double-arched garden window. Long, angled plan emphasizes the sense of spaciousness.

# Separation of bathing functions without a sense of confinement and abundant light appeal to move-up buyers

Even the most private functions are not denied natural light. The glass block wall continues and forms a compartment for the toilet and bidet.

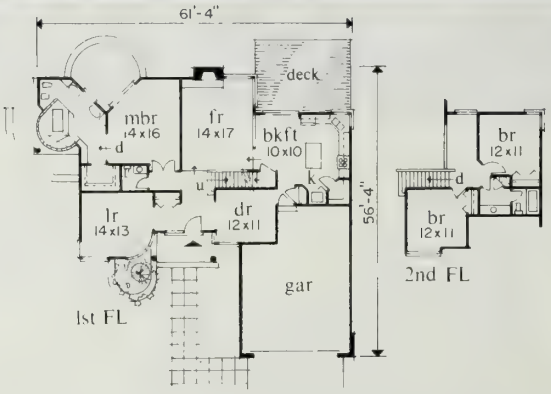
Interior Designer Morse has appeased all of the senses. Beautiful crystal sculptures, crystal vases with floral arrangements and several colors and patterns of towels and accessories accent the bathroom. Potpourri in clear containers adds both color and a soft pervasive scent.

The lustre of the blue spruce tile gives it a semi-transparent feeling, a feeling of depth, said Bloodgood. Soothing platinum color of tile and Eljer plumbingware and the subtle sparks of crystal, coral and brass and chrome accessories allow the owners to dominate their retreat.

And private retreat it is, one that will entice move-up buyers. The main-floor master suite has a private walled garden. Two other bedrooms and one bathroom are on the second floor. Glass block and a garden off of the living room, keep the 2090-square-foot home's design consistently light-filled and fresh. Yet over-all the home features simple framing so that it is affordable to build, said Bloodgood.

**The 2090-square-foot, two-story home features the master suite on the first floor. Visible from the master bathroom, a private walled garden is accessible only from the master bedroom.**






The Eljer plumbingware specified in the master bathroom includes a Canterbury Suite consisting of a whirlpool tub, pedestal lavatories, toilet and bidet, all in Platinum color. Faucets are Erielle in chrome and polished brass, shower is from Eljer's commercial line and features a 25-inch grab bar. Accessories in chrome and brass are Clarisse. Midstate provided all wall and floor tile. Pittsburgh/Corning provided the glass block.

**Light from the glass block suffuses the shower/tub alcove. A private nook contains the bidet and toilet.**







"These empty-nester buyers are very discerning; they reflect an independence of attitude and lifestyle," said Architect Arthur Danielian, Danielian Associates, Irvine, Calif.

"We created a soothing and restful space where one can spend time relaxing," said Interior Designer Beverly Trupp, Color Design Art, Pacific Palisades, Calif.



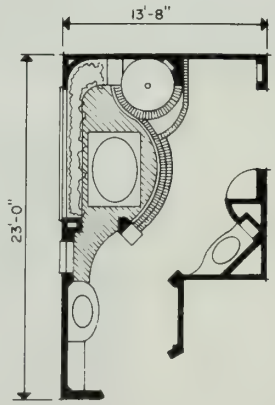
## Empty-nester buyers...

# TROPICAL PARADISE FOR THE NEW ROMANTICS

Sensuous curves and variable lighting set the stage for diligent days and enchanted evenings in this master bathroom designed for affluent empty nesters.

"As much as possible, everything has free-form organic curves. The curves are suggestive of those in the plumbingware," said Interior Designer Beverly Trupp.

Empty nesters and second move-up buyers are in their peak earning years. They are also finishing the task of raising children. It is important to meet their practical needs while at the same time indulging their sense of romance.




**Undulating curves in the overall plan, the Eljer plumbingware and other details give a soothing effect to this empty-nester bathroom.**

The tropics: Cerulean skies, azure seas, warm sands, iridescent seashells—gentle warmth, soft coolness and movement. "Like the wind blowing through the trees. We wanted to go through circular, serpentine and waving patterns to make this master bathroom a very refreshing space," said Architect Arthur Danielian.

Two corbeled arches divide the wet areas from the dry areas. The dry area is a transitional space from the master bedroom. It features a bench, lavatory and vanity table. Trupp floats the Verde-colored lavatories on a marble-like laminate that suggests a mountain pool.

Similarly the Verde whirlpool bathtub lies suspended in a driftwood-colored platform over a lighted glass block strip. The shower, made up of opalescent-tile on serpentine walls, forms the back of the bathroom. Bidet and toilet share a nook next to the shower and a heated towel bar.

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# Night and day—variable lighting creates the mood

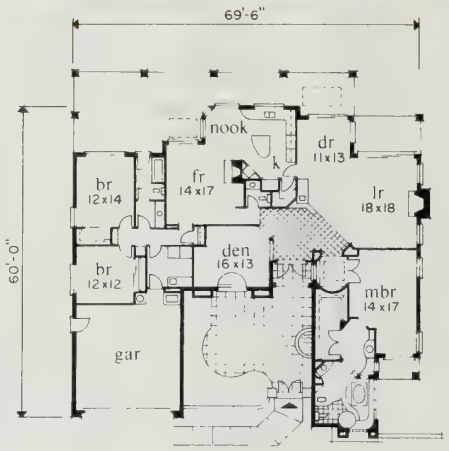
Though this master bathroom is lush, sensual and romantic, it is also practical. Separate lavatories provide room for grooming in either the wet or dry areas. The toilet and bidet are in a niche. The whirlpool and the shower are the room's focal points and share an underlit island-like platform.

Variation in the lighting design dramatically changes the room from day to nighttime moods. The design team worked with *Professional Builder*, the design staff of Better Homes and Gardens magazine, and consultants at the General Electric Nela Park Lighting Research Center to place special emphasis on day and night lighting. Natural daylight enters through a greenhouse window. Side lighting on the mirrors over the lavatories provides grooming light. Tivoli lights under storage shelves add a festive touch. It is the parallel bands of fluorescent light concealed behind ceiling moldings, however, that create the essential romantic nighttime mood. Warm white bulbs provide daylight. Blue fluorescents cast a twilight glow.

Accessories, from lush plants and the lobster claw flower arrangement to the palm trees on the towels, maintain the tropical island feel.

The 2854-square-foot house that includes this master bathroom is both practical and glamorous. Entry to the home is through a private, gated garden with a reflecting pool. The home has three bedrooms, a den/bedroom and two and one half bathrooms. Quiet formal rooms are near the master suite. Secondary bedrooms and bathrooms flow off the informal family room/kitchen.






**Night or day this bathroom captures moods with its variable lighting. Verde plumbing fixtures by Eljer and opalescent tile capture the sense of still pools and iridescent seashells.**

**The 2854-square-foot home consistently repeats the circular theme shown in the master bathroom in details throughout from the reflecting pond to the kitchen counters.**

Eljer plumbingware specified in the master bathroom includes a Renaissance whirlpool bathtub; Calypse lavatories; Windsor one-piece toilet; Valencia bidet, all in Verde color. Polished brass faucets are Eljer's Dimension and accessories are Celestine. American Olean provided all ceramic tile.





# Suite Dreams.





VERSAILLES COLLECTION ™
FEATURED IN ONYX
Renaissance Whirlpool with Gold Trim. Patrician One-Piece Toilet. Romanique Lavatory with Integral Spout and Polished Gold Handles. Valencia Bidet with Gold Grandella Fitting.

CAPTURE THE ELEGANCE

Beauty without boundaries. Luxury without limits. Eljer's bathroom suites do more than just decorate. They contrast, rejuvenate, innovate. They fill a room with elegance. It takes very special lavatories, toilets, bidets and tubs to do all this. And it takes a very special name to make them. Eljer. A company famous the world over for luxury suites that fulfill your dreams.



CANTERBURY SUITE ™
FEATURED IN DUSTY ROSE
Canterbury Whirlpool with Chrome Trim. Canterbury Two-Piece Toilet. Canterbury Pedestal Lavatory with Chrome Alvera Faucet. Canterbury Bidet with Chrome Alvera Fitting.



TEAK SUITE ™
Tanimbar Whirlpool. Baccaro Lavatory with Gold Dimension Faucet. Jakarta Lavatory with Gold Grandella Faucet. Sumatra Lavatory with Golden Brass Cherbourg Faucet.



PERSONAL CHOICES ™
FEATURED IN VERDE.
Jasmine Lavatory with Cherine Pattern and Polished Brass Erielle Faucet. Patrician One-Piece Toilet with Cherine Pattern. Valencia Bidet with Cherine Pattern and Polished Brass Erielle Fitting.

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**First-time buyers...**

# A SECLUDED GARDEN FOR YOUNG DREAMERS

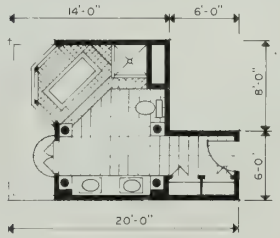
Even first-time buyers want a private garden. They dream of luxury and space. They want privacy and sparkle. The trick is to provide the perception that they can get all that they want in a home that they can afford.

"From the whirlpool bathtub to the separate shower and indoor-outdoor relationship, we concentrated on elements that really turn on the first-time buyer," said Architect Mark Kaufman. Yet the elements are all packaged in a moderate 10- by 14-foot space—a space that is easily worked into a modestly-sized first-time buyer house. To give this master bathroom a luxury feel, Kaufman uses a formal axis with cathedral ceiling that moves from the entry past the lavatories and out the French garden door. To provide a sense of spaciousness, he uses a lot of glass with views into the private garden. Kaufman separates functional areas in the bathroom by grooming task but does not specify compartments which would have made the room seem smaller.

Set in the bay window, the whirlpool bathtub has the feeling of an outdoor pool. A separate shower tucks into one corner for early morning bathing. Two lavatories give even first-time buyers separate grooming areas. The toilet, tucked behind a column, is remarkably private for such an open bathroom.

Interior Merchandiser Kathy Andrews embellishes the bathroom with exciting, party colors: periwinkle blue, party pink, clear aqua and for balance a beige that matches the Natural-colored Eljer plumbingware. Color balances the architectural elements so that there is a sense of luxury without intimidation. Materials used are readily available and, therefore, well within the budget for a home targeted to first-time buyers. A standard-sized bay window behind the whirlpool bathtub allows the tub to angle into the private garden space. The bay's bumpout physically expands the room and directs the eye to the garden beyond. A French garden door gives

Continued on next page




**Readily available bay window not only expands view to the garden but also allows Architect Kaufman to angle the whirlpool bathtub. Plan's formal axis directs eye to and through the garden door.**





**"We have been meeting continuing demand for these types of bathrooms in the lower price ranges," said Architect Mark Kaufman, Kaufman Meeks Inc., Houston.**

**"Cool, clear colors add the emotional excitement to woo the first-time buyer," said Interior Designer Kathy Andrews, Kathy Andrews Interiors, Houston.**

# Party colors create a fiesta for young buyers

direct access to the outside. A transom above the door emphasizes the cathedral ceiling and pours light into the lavatory grooming area. To reduce costs without reducing the bath's appeal, standard windows could be substituted for the transom and French door. Also, the cathedral ceiling could be lowered without losing the dramatic effect.

A strip of incandescent lights over the lavatories provides for good color balance.

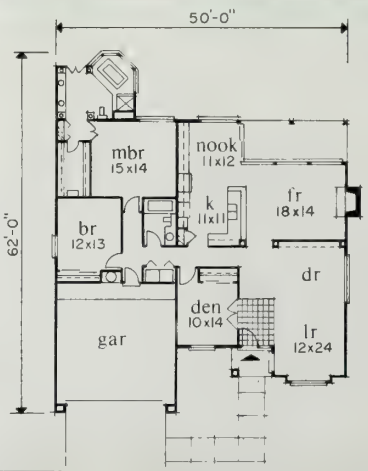
Judicious use of up-graded hand-painted tiles makes the room sparkle. Andrews uses the colors in the patterned tiles throughout the room. A band of aqua tile sketches the room's perimeter. Standard 8 by 8-inch tile in a color called party pink cover the floor, tub deck and counter.

Periwinkle-blue papered walls set off the Natural-colored plumbingware and the columns. Columns have bands of party pink, aqua and periwinkle. Towels, art and other accessories all maintain the color theme, set by the plumbingware.

The sense of architectural excitement manifested in the master bathroom carries into the rest of the 1780-square-foot, single-family home. The foyer sets up a formal axis that ends at the covered patio. Formal rooms are open to one another. There are two bedrooms and two full bathrooms. The study off of the foyer could serve as third bedroom.



**Bathroom packs a lot of form and function into a limited amount of space. Colors make it sing. The 1780-square-foot plan has similar impact.**




Eljer plumbingware specified in the master bathroom includes a Haven whirlpool bathtub, a Middleton shower stall with glass door, Raleigh lavatories and a New Emblem toilet, all in Natural color. The Orleans faucets are polished brass. Wall accessories are Camille. Walker Zanger provided all party pink tile. American Woodmark provided cabinetry.



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ERIELLE—Elliptic
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GALLERY
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GALLERY
Widespread Chrome
Lavatory Faucet with
Clear Crescendo Acrylic Handles

ORLEANS
Widespread Polished
Brass Lavatory Faucet
with Cross-Handles



GRANDELLA
Widespread Platinum
Lavatory Faucet with
Chrome Stripes



**CHERBOURG**
**Gooseneck, Two-Valve**
**Polished Brass Bar/**
**Kitchen Faucet with**
**Cross Handles**

ALVERA
Centerset Chrome
Lavatory Faucet



CHERBOURG
Centerset Glass White
Lavatory Faucet with
Cross Handles

DIMENSION
Widespread Chrome
Lavatory Faucet



ALVERA
Widespread Polished
Brass Lavatory Faucet
with Black Marble
Handles



WASHERLESS
Two-Handle
Widespread Chrome
Lavatory Faucet with
Clear Acrylic Handles



WASHERLESS
Single Control
Centerset Antique
Brass Lavatory Faucet
with Smoked Acrylic
Handles

VICTORIAN
Widespread Polished
Brass Lavatory Faucet
with Wood Handles

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**Luxury buyers...**

# OLD-WORLD GRANDEUR FOR AFFLUENT ACHIEVERS

For consumers who can buy whatever they want, they want what they buy to look like forever. Affluent buyers look for historical antecedents.

An imperial grandeur and classical lines are immediately evident in this luxurious Mediterranean-style master bathroom. The whirlpool bathtub on an Avonite platform backed by a corner fireplace is literally the hearth of this room. "The diagonal placement of the bathtub," said Architect Richard Martin, "breaks the rigidity of the room's L-shaped geometry." Four Tuscan columns and the vault define a square in the center of the room. The rest of the bath's functional areas rotate from that grid.

"At night, with the fireplace flickering, this bathroom will seem like a grotto," Martin said.

By day, light filters through windows covered with wide-vaned plantation shutters. Symmetrically, on either side of the hearth platform, are Avonite floating vanities set with Ruby-colored lavatories.

Interior Merchandiser Betsy Godfrey used touches of black and a deep verdant green as well as a rich ruby to complement and contrast with Eljer's Ruby plumbingware and accessories.

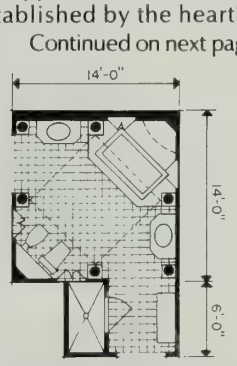
Custom Mexican tiles carved out of coral reefs interspersed with small squares of Cranberry Avonite make up the floor. A rich oriental rug serves as a bathmat. Cove lighting draws the eye to the soaring height of the classical groin vault hung with a wrought iron chandelier.

"Detailing in this bathroom is really wonderful with all of the moldings, hidden lights, cove lighting and columns," said Interior Merchandiser Betsy Godfrey.

Affluent achievers are very discriminating about detailing. In this their master bathroom, careful detailing starts with the plumbingware. All Eljer fixtures as well as the tile feature a golden band in a pattern called Cornelia. Even the shower door has the pattern etched into its glass. The faucets, towel bars and other accessories are also ruby and gold.

The toilet and bidet are on the opposite side of the axis established by the hearth/

Continued on next page




**The Eljer whirlpool bathtub backed by the hearth is the focal point of this luxury bathroom. Note the turned axis and the vaulted area within the L-shaped plan.**





**"At night, with the fireplace flickering, this bathroom will seem like a grotto," said Architect Richard Martin, The Martin Organization, Philadelphia.**

**"The detailing in this bathroom is really wonderful with all of the moldings, columns and hidden lights," said Interior Designer Betsy Godfrey, Godfrey and Associates of Orlando Inc., Orlando, Fla.**

# Old World bathing pavilion delights the senses

whirlpool bathtub platform. The turned axis and the columns on either side of the toilet and bidet screen them from casual view.

Lights, hidden in slots in the ceiling above the floating vanities, as well as the chandelier and wall sconces give the room an enticing ethereal glow.

The shower is adjacent to an exterior door. Outside the door is a courtyard enclosing the swimming pool. An Old World tapestry-covered bench is opposite the shower.

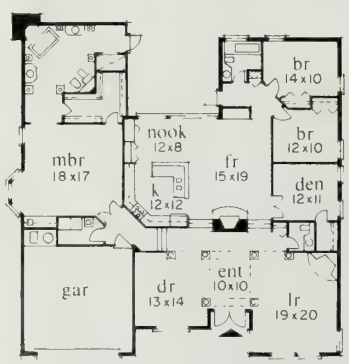
Columns and classical proportion are essential elements throughout this 2308-square-foot jewel of a luxury home. The columns and the family room fireplace define the space within the public rooms of the open plan. There are three bedrooms, a den and two and one-half bathrooms. The master bathroom and the guest wing have direct access to the swimming pool.



Eljer plumbingware specified in the master bathroom includes Continental whirlpool bathtub; Reminisce lavatories; Valencia bidet; Patrician toilet, all in Ruby color. All plumbing fixtures including the Eljer ruby tile and etched-glass shower door feature the Cornelia pattern from Eljer's Personal Choice design series. Faucets are Grandela and accessories are Astoria, both in Ruby. Lavatory and bathtub surrounds are Avonite.



**Plumbingware, tile and shower door share a rich decorative pattern. Accessories match the Ruby toilet and bidet. Lavatory is a jewel set in the vanity. Shower also has separate hand-held spray.**




**This 2308-square-foot luxury home wraps around a private court and swimming pool. Master bathroom has direct access to the court.**

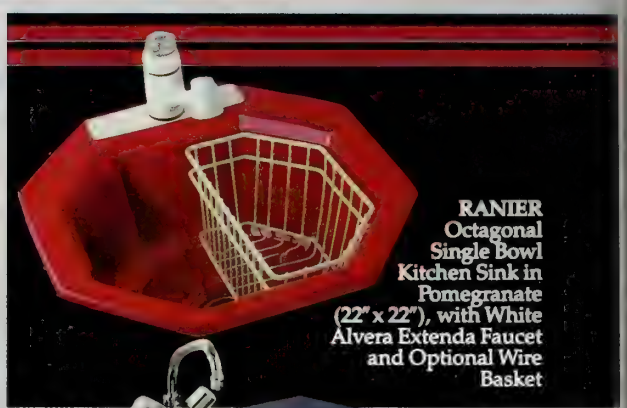




COUNTESS
Double Bowl Kitchen Sink in Platinum (40" x 20"), with Chrome Alvera Faucet

# Sinks by Eljer. Elegance at work.

Who ever imagined that kitchen sinks could look this colorful, this contemporary... this appetizing? Eljer, of course! Designs are the trend-setting kind. Colors resound with fashion brilliance. And convenience features abound. There are cutting boards and wire racks. Special compartments for special needs. Spacious sizes for big needs. Everything gourmets dream of... everything busy families demand.



**RANIER**
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MONACO
Spacious Single Bowl Kitchen Sink in Royale Blue (33" x 22"), with Chrome Alvera Faucet, Optional Wire Basket and Cutting Board



**CHELSEA**
European Style Drain Board in Almond (20" x 20"), with Brown Alvera Extenda Faucet

**COURTNEY**
European Style Kitchen Sink in Almond (20" x 20"), with Brown Alvera Extenda Faucet

Form No. 911-4040-00

© Eljer Plumbingware, 1988

Printed in U.S.A. 2.88

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# ART NICHES

## STAGGERED DISPLAY SHOWCASES COLLECTIONS



PHOTOGRAPH KIM BRUN FIELD EDITOR, SHARON HAVEN

**CONCEALED HARDWARE** enhances the clean appearance of these built-in art niches.

**LUMBER, DRYWALL, PAINT, AND LIGHTING TURNED THIS DEAD-END LOCATION INTO THE FOCAL POINT OF THE FAMILY ROOM. THESE NICHES CAN BE BUILT IN ANY ROOM THAT HAS A CORNER TOO BIG TO IGNORE BUT TOO SMALL TO HOLD FURNITURE.**

### Simple construction

Faced with an empty corner and a collection of primitive art in need of display, these homeowners built a solution to both.

The niches were built in a ziggurat pattern at three different depths from the wall. Inexpensive construction lumber was used to frame the niches which were then sheathed in drywall.

The molding along the walls was continued around the base of the niches to further enhance the built-in look. To emphasize the staggered effect, the oak flooring was laid on a diagonal.

### Floating shelves

The homeowners wanted an uncluttered design with shelves that seemed to float in place. To accomplish this they hung the shelves on metal cleats that fit inside slots routed into the sides of each shelf. The shelves were made from oak plywood and the edges covered with oak half-round molding.

### Accent lighting

Dramatic recessed lighting added a final flourish. Installed in the ceiling above the niches, the adjustable spotlights cast a concentrated glow on the art.




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# GOURMET NUT BUTTERS

## EASY TO MAKE; A TREAT TO EAT!

By Joy Taylor

**SIMPLY WHIRL A HANDFUL OF NUTS IN YOUR BLENDER OR FOOD PROCESSOR TO CREATE A SENSATIONAL HOMEMADE NUT BUTTER. YOU CAN MAKE ANY OF THESE FOR LESS THAN HALF THE PRICE OF PURCHASED GOURMET BUTTERS. TRY THESE DELICIOUS SPREADS ON BREADS, FRUIT, OR STRAIGHT FROM THE JAR.**

### SPICED RASPBERRY-NUT BUTTER

*Let stand at room temperature for easier spreading—*

**1½ cups chopped walnuts *or* slivered almonds**




**SLATHER THESE FANCY NUT SPREADS** on shortbread, oatmeal crackers, bagels, or English muffins.

**1 to 2 tablespoons margarine *or* butter, softened**
**⅓ cup raspberry preserves**
**½ teaspoon ground cinnamon**

Place nuts in a blender container or food processor bowl. Cover; blend or process till finely ground. If using walnuts, add *1 tablespoon* margarine or butter; if using almonds, add *2 tablespoons* margarine or butter. Cover; blend 3 minutes more or till mixture is spreadable. Stop and scrape down sides of container as necessary.



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FOOD CONTAINERS

Transfer the nut-margarine mixture to a small mixing bowl. Stir in the preserves and cinnamon. Cover and chill in the refrigerator for at least 1 hour before serving. To store, chill in the refrigerator, covered, for up to 3 months. Makes about 1¼ cups nut butter.

***Maple-Nut Butter:*** Prepare Spiced Raspberry-Nut Butter as directed, *except* omit preserves and cinnamon, and stir in ¼ cup *maple syrup.*

***Nutrition information per tablespoon of Spiced Raspberry-Nut Butter:*** *77 cal., 1 g pro., 5 g carbo., 6 g fat, 0 mg chol., 8 mg sodium, and 51 mg potassium.*

## CHOCOLATE PECAN BUTTER

*For a nuttier flavor, first toast the nuts before blending or processing—*

**1½ cups broken pecans**
**2 tablespoons margarine *or* butter, softened**
**¼ cup semisweet chocolate pieces**

Place pecans in a blender container or food processor bowl. Cover; blend or process till finely ground. Add margarine or butter. Cover; blend or process about 3 minutes more or till spreadable. Stop and scrape down sides of container or bowl as necessary. Transfer to a small mixing bowl. Meanwhile, in a small saucepan heat the chocolate pieces over low heat, stirring constantly, till melted. Stir into pecan mixture. Cover and chill at least 1 hour before serving. To store, chill, covered, up to 3 months. Makes about 1 cup.

***Double Chocolate Pecan Butter:*** Prepare Chocolate Pecan Butter as directed above, *except* stir in ¼ cup *miniature semisweet chocolate pieces.*

***Honey-Vanilla Pecan Butter:*** Prepare Chocolate Pecan Butter as directed above, *except* toast pecans before blending or processing, omit melted chocolate pieces, and stir in 2 tablespoons *honey* and 1 teaspoon *vanilla.*

***Nutrition information per tablespoon of Chocolate Pecan Butter:*** *100 cal., 1 g pro., 4 g carbo., 10 g fat, 0 mg chol., 17 mg sodium, 53 mg potassium.*

## PEANUT BUTTER FIX-UPS

***Custom make your own fancy peanut butter: Simply stir an on-hand condiment into purchased peanut butter.***

- **Candied Peanut Butter:** Place ¼ cup *candy-coated milk chocolate pieces* in a plastic bag; crush with flat side of a meat mallet. Stir crushed candy into ½ cup *peanut butter.* Store in refrigerator up to 1 week. Serve at room temperature on cookies or shortbread. Makes ½ cup.

- **Cream Cheese Peanut Butter:** Stir *half* of an 8-ounce container *soft-style cream cheese* into ½ cup *peanut butter.* Store in the refrigerator for up to 1 week. Serve at room temperature on bagels or slices of fruit. Makes 1 cup.

- **Peanut-Apple Butter:** In a small saucepan heat ¼ cup *applesauce.* Remove from heat. Stir in ½ cup *peanut butter* and ¼ teaspoon *apple pie spice.* Store in the refrigerator for up to 1 week. Serve warm on pancakes or waffles or over ice cream. Makes ¾ cup. BH&G

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Contemporary, colonial, posh or plain. You name it!

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shingles are the number one choice of architects and builders.

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***The #1 choice of architects for the beauty and value it adds to any home.***




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# WORKING WITH A CONTRACTOR

**Halfway through your remodeling project, with dust hanging thick in the air, you decide to make a change in plans. Your contractor may put up some resistance, knowing that complications can wreak havoc with the work schedule. Here's a strategy that will help you make your case.**

## DISCUSS REVISIONS

Changing plans in the midst of a remodeling job is fairly common. For example, you may realize after the project is under way that an expansive wall needs one more window to break the monotony—something you didn't notice on paper. Or maybe you're dissatisfied with the quality of the materials and want to substitute a better product. Or, you may quite simply change your mind and want a wall bumped out another two feet.

Your first step will be to discuss the revision with your contractor and ask for an estimate of the additional cost, if any. Don't be surprised if the contractor balks at changing the plans, or even tries to discourage you from making the revision by giving you an inflated estimate. Contractors like nothing better than to complete the original plan without complications or delays, and then show up at their next job on schedule. Changes often involve waiting for new materials to be delivered, rescheduling the work crew, and getting new plans approved by the city.




## USE DIPLOMACY

If the remodeler balks, make it clear that you understand why—that a change may alter the work schedule and cause some administrative headaches. But allow your contractor to appreciate your viewpoint, too: You're going to be living in the house for a good many years, and want it to be as attractive and functional as you can possibly make it—not to mention the protection of its resale value.

If you think the estimate is unreasonably high, try to negotiate a compromise. Appeal to your contractor's sense of fairness and his desire to add you as another satisfied customer. It's true that a contractor has no *legal* obligation to perform any work beyond what's stated in the original contract. However, most contractors feel that their *professional* obligation is to satisfy the customer, so they'll usually try to accommodate your wishes if you express them diplomatically. The exception is when they feel that the revision is unsafe or unfeasible, in which case they'll refuse to make it.

## PUT IT IN WRITING

When you and the contractor agree to a change, be sure to put the following details on paper:

- **Modifications in design.** Give descriptions and exact dimensions, and attach a revised blueprint or plan.
- **Changes in materials.** Include specifications, catalog or model numbers, colors, and sizes.
- **Additional cost.** Set forth the contractor's estimate for any charges above the original price of remodeling.
- **New schedule.** Include a revised timetable for completion of the work and payment of the fees.



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# TWO WAYS TO UPDATE A TIRED TRACT HOUSE

## REMODEL IT

*Add space, light—and drama!*



## REDECORATE IT

*Lighten up with paint and whimsical accents*



By Denise L. Caringer and Dave Freedman

Look-alike ranch homes—long on livability, short on style—are the Cinderellas of the '80s. Once ignored, these tract-house treasures are being sculpted into highly personal family oases.

# REMODEL IT!

## GOING ABOVE AND BEYOND THE BASIC BOX



Tracy and Grant Bennett with their twin sons, Joel and Nicholas.

"Bisecting the house with a two-story addition gave us the wide-open, voluminous spaces we wanted. I think we added a lot of drama and flair to a boring ranch!"

—Tracy Bennett

### BISECTING THE RANCH



● Framework goes up for the addition. After sheathing the new roof, the family punched through from below.



● The new front exterior features sheltered upper and lower decks facing forested hills to the west.

PHOTOGRAPHS: STEVE CRIDLAND. ARCHITECT: GRANT T. BENNETT. FIELD EDITOR: CATHY HOWARD

**● Setting their imaginations free, the Bennetts came up with a brilliant "Cross-the-T" plan to give their tract house more space and style.**

### ROOMINESS AND BRILLIANCE

The front end of the two-story addition forms a spectacular entry area that's alive with intersecting planes and an ever-changing play of light. Large windows and openings between rooms, echoed in the cutouts in the stairwell, add to the sensational feeling of spaciousness in the area.

Upstairs, the family-room loft overlooks the entry. The front door and sidelights are salvaged materials.

**Buying information, page 172.**





# REMODELING A RANCH

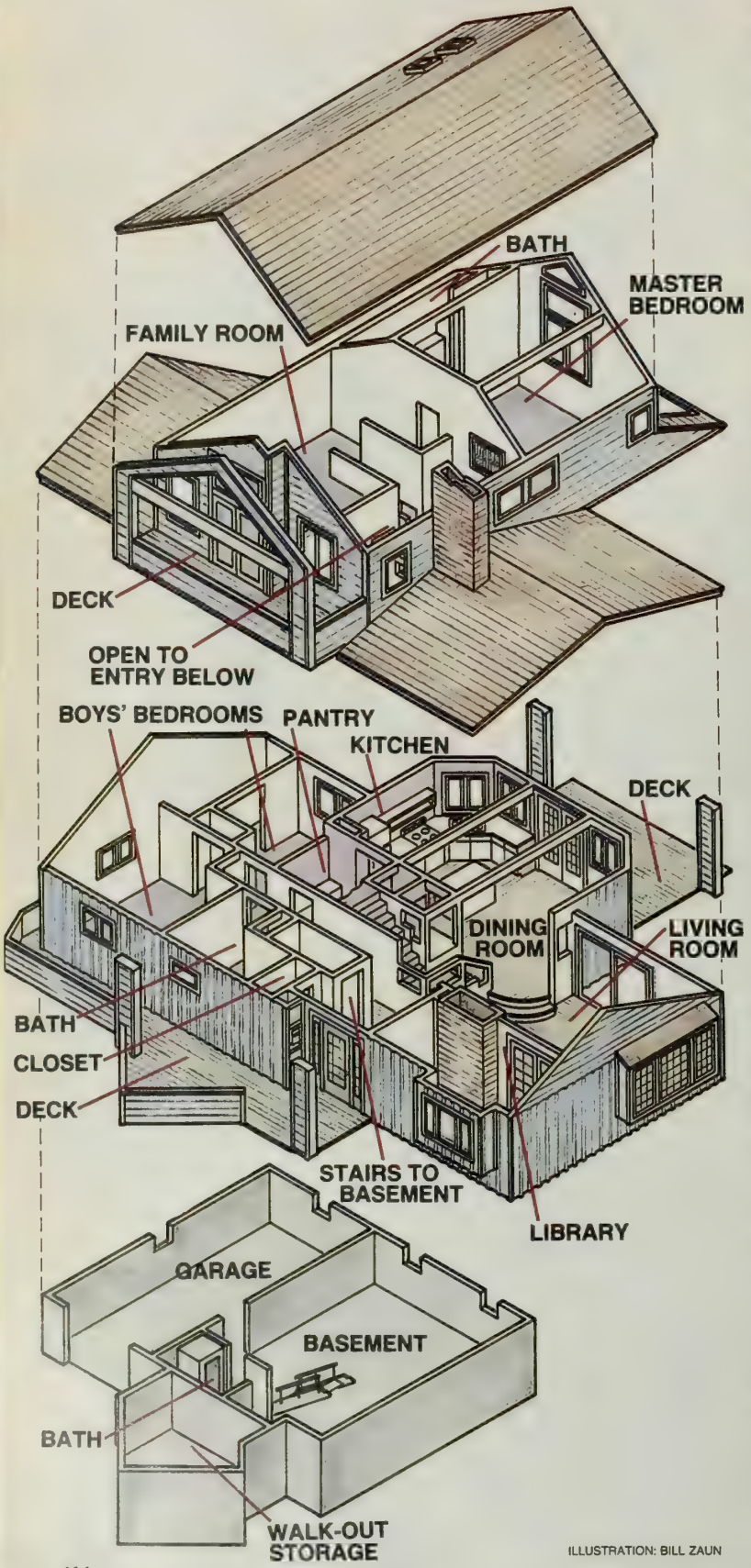



ILLUSTRATION: BILL ZAUN

**● The Bennetts' wish list included more space and light, architectural drama, panoramic views, and a relocated kitchen. They got all that for only $38,530.**

## ◄THE MASTER PLAN

Grant, who is an architect, studied the existing house for a long time before he conceived this imaginative plan. "Eventually, the crossed-T idea suggested itself as the perfect way to achieve our goals," he says.

Crossing the T added about 790 square feet to the original 1,300.

"The vertical addition contrasts with the old horizontal house," says Grant, "and rather than trying to blend the two, we decided to emphasize the contrast for greater visual impact."

The basement remained unchanged, but the walkout storage area under the front porch was added.

## LIVING ROOM► UPDATE

Wider doorways and bigger windows let plenty of light into the living room and library, which occupy existing space.

Structurally unchanged by the remodeling, the living room's 8-foot ceiling gives the room a more finite and cozier feeling than the majestic entry. At the same time, the new bay window (behind the piano) and sliding glass doors contribute a sense of openness.

The Bennetts refinished the living room's oak floor. Elsewhere on the first level they laid new oak floors.



## A CONVERTED STUDY

Just off the living room, where the kitchen used to be, the Bennetts built a library with a window seat for creative daydreaming.

# REMODELING A RANCH



**● Relocating the kitchen from the front to the back of the house improved the indoor/outdoor flow of traffic. Now cooks can watch the boys play in the yard as they work.**

### ▲INDOOR/OUTDOOR CONNECTION

In the rear of the two-story addition, the new kitchen and dining area offer access to the backyard. French doors open to a deck that's sheltered by tempered-glass skylights. Above it all is the master suite.

### THE HEART OF ▶ FAMILY LIFE

The oak floor of this 9×12-foot addition sits 18 inches higher than floors in existing space. The higher elevation allows a smooth transition to the yard, which slopes steeply upward away from the house.



## ON A MODEST BUDGET

**The Bennetts held the cost of remodeling to $38,530. Grant, an architect, estimates that the couple saved $10,000 to $15,000 dollars by providing the following:**

- **Design and management.** Grant designed the addition and acted as general contractor.
- **Labor.** Grant and Tracy—assisted by the twins—helped contractors with the carpentry, demolition, wiring, plumbing, insulation, drywall, and painting.
- **Salvaged materials.** All the doors in the house and many of the windows are salvage.



# REMODELING A RANCH



**Spirited geometry in the entry draws your eye upstairs to a sunny family retreat that seems as big as all outdoors. Beyond the French doors, a second-story deck extends the living space outside.**

## A MASTER SUITE ABOVE IT ALL ▶

Compared with the house's wide-open public spaces, the master suite seems delightfully private. It is two steps higher than the family room, with a balcony overlooking all that architectural glory. The skylit alcove houses a vanity, with closets to its left and a bathroom to its right. Leaded-glass windows provide bedside lookouts.

## ▲ PLAYFUL STAIRWAY

Openings in the stairway walls help light the ascent and add a sense of whimsy. A kitchen pantry nestles under the stairs, behind the tiled shelf, which holds a potted fern. Framed prints contribute to the area's visual excitement.

## FAMILY RETREAT ▶

With its vaulted ceiling, abundant views of the western hills, and half wall overlooking the entry, the family room looks and lives much bigger than its ordinary dimensions. You can see the bedroom's balcony at bottom right.







# REDECORATE IT

## WHITE PAINT AND COUNTRY ACCENTS DO THE TRICK



Mark and Susan Erickson with their family.



"I never thought I'd live in a ranch, but the space was great, and it had a good yard for the kids."—**Susan Erickson**



PHOTOGRAPHS: LAURIE BLACK, ROSLYN BANISH/ARX

**Susan Erickson makes personality decorating look easy—and it is! Start with white paint for airiness, then personalize with your favorite things.**

### THE WHITE WAY TO A NEW SCHEME

Come on in! All checked out in a surprising mix of graphic wallpaper and homespun accessories, the entry sums up the Ericksons' spirited style. In the adjacent living room, white walls form a canvaslike backdrop for an artful blend of modern seating pieces, aged woods, and humorous folk art.

**Buying information, page 172.**





# REDECORATING A RANCH

## RELY ON ACCESSORIES

Fresh, fun, and homey, the living room gets its look from three elements.

First, white paint opens up the home's once-dark spaces and helps to mask awkward architectural details. Second, accessories add humor and personality. An artist and designer, Susan says, "All you have to do is have collections, even if they're just doorknobs." Finally, pared-down furnishings also foster spaciousness.





# REDECORATING A RANCH

**Susan tamed her rambling ranch by using variations on the same design theme in every room. White walls, white-painted furniture and accents, and dashes of pink blend with golden woods for a look that's mellow—yet modern.**

### ▲CONVERTED PORCH

Of the den, Susan says, "It's wonderful to come in here in the afternoon and read to Cole or just relax with the paper." Wicker, folkish accents, and new shelves add character.

### ◀DOWN-HOME DINING

Smile! In the dining room, mini houses on an old column and tots' chairs atop an antique hutch evoke childlike delight. Throughout the home, countrified furnishings and architectural birdhouses and cages impart the nook-and-cranny charm that the ranch house lacked.





# REDECORATING A RANCH

## MASTER BEDROOM

"After a busy day, coming home to a white room is very quieting," says Susan.

Although she splurged on the romantic wicker bed, Susan then saved money by painting an unfinished rocker and skirting old tables. As in the living areas, Susan says she used white paint not only for airiness, but also to camouflage less-than-choice architectural details, like the bedroom's mismatched windows.



# 12 TWENTY-MINUTE DINNERS

## SO QUICK TO FIX; THEN RELAX AND ENJOY



By Lisa Mack

**Despite busy lives, families today are rediscovering the pleasure and importance of sharing a home-cooked meal at day's end. Our streamlined recipes can help because they're:**

- **RIGHT FOR YOU!**
  *They fit your busy lifestyle.*
- **EASY!**
  *Kids can make these meals, too.*
- **FAST!**
  *We mean it—20 minutes.*
- **GREAT TASTING!**
  *Super-quick doesn't mean so-so.*

**These 20-minute recipes begin on page 138.**

### CANADIAN BACON PIZZAS ▲

When a pizza craving hits, satisfy it in 10 minutes flat. For this healthful, hand-size dinner, layer spinach, bacon, tomatoes, and cheese on chewy French bread slices. Pop the pizzas under the broiler, then enjoy.

### HONEY CHICKEN STIR-FRY ▶

In the time it usually takes just to chop the vegetables, you can have a delicious stir-fry dinner on the table. Simply rely on frozen Chinese vegetables, boneless chicken breasts, and a four-ingredient sweet-sour sauce.




BETTER HOMES AND GARDENS, MAY 1988

PHOTOGRAPHS: SCOTT LITTLE. FOOD STYLIST: JANET HERWIG




## BEEF TENDERLOIN WITH PEPPERCORNS ▼

Spread a rich horseradish-mustard sauce over pepper-coated tenderloins to make the classic *Steak au Poivre* even better. Sautéed mushrooms add to your elegant meal.



# TWENTY-MINUTE DINNERS

## SUPPER HELPERS

- **Slice ahead of time.** Before you leave home in the morning, slice vegetables, meat, or cheese for dinner, then store them in the refrigerator. When you walk in the door at 6 o'clock, dinner's ready in a matter of minutes.
- **Make meals a family affair.** Kids can set the table, pour milk, tear lettuce for a tossed salad, or clean some vegetables while you cook. Many hands helping out make light (and quick) work.

**Recipes begin on page 142.**

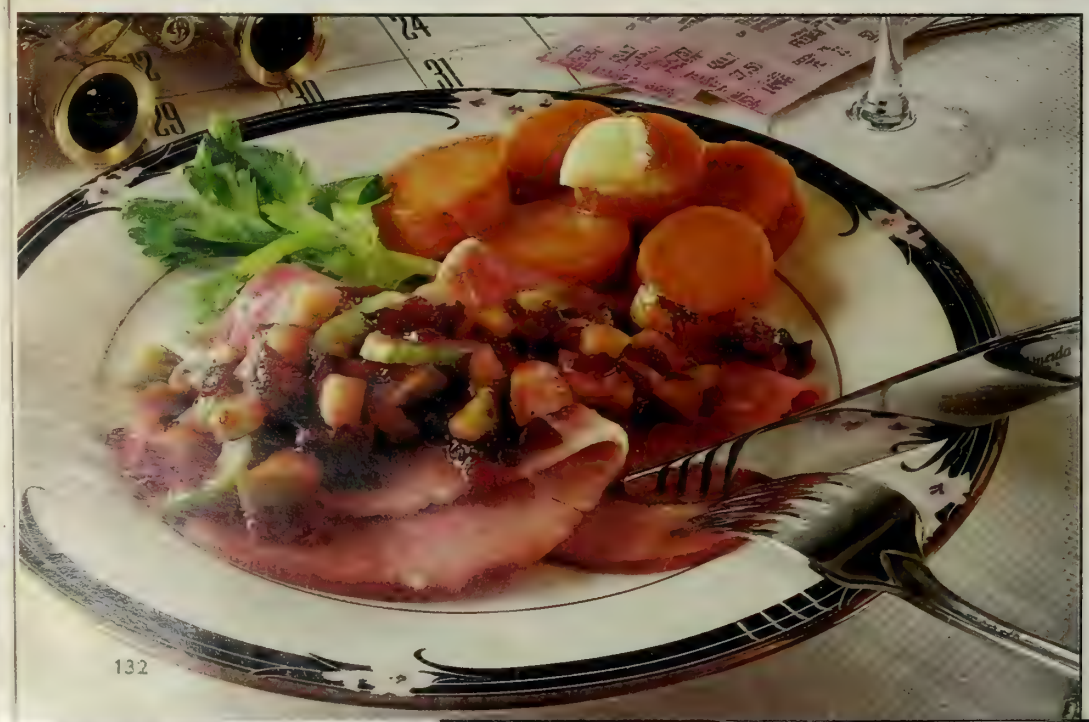
## SPICED-UP TURKEY SAUTÉ ▲

If you like spicy food, this cumin-seasoned dish is bound to be a hit. It's nutritious, and sure to satisfy even hearty appetites.

## GLAZED LAMB WITH PEPPERS ▶

Stir together orange marmalade and hoisin sauce to glaze tender lamb chops with ease. Simmer peppers with the chops; they pick up a mellow, roasted taste.





## PORK CHOPS WITH PEANUT GINGER SAUCE ▶

Peanut butter makes more than just sandwiches and this savory dinner proves it! Soak up the 30-second sauce with quick-cooking oriental rice noodles.

## HAM WITH CHUNKY CRANBERRY SAUCE ◀

One of the butcher's best time-savers: Heat-and-eat sliced ham. The sauce: A medley of cranberry-orange sauce, apples, celery, and allspice. The payoff: A great dinner in 15 minutes!


Thinking of You



# TWENTY-MINUTE DINNERS

## — SHOP AND STOCK —

**● Post a list.**
A grocery list posted on the refrigerator will help keep track of items as you think of them.

**● Shop strategically.**
Look for quick-fix items like cooked meats, chopped vegetables, and deli salads at your grocery store.

**● Keep supplied.**
You never know when you'll need staples like eggs, fruit, spices, and vegetables. It's easier to run to the cupboard or fridge than to the store.

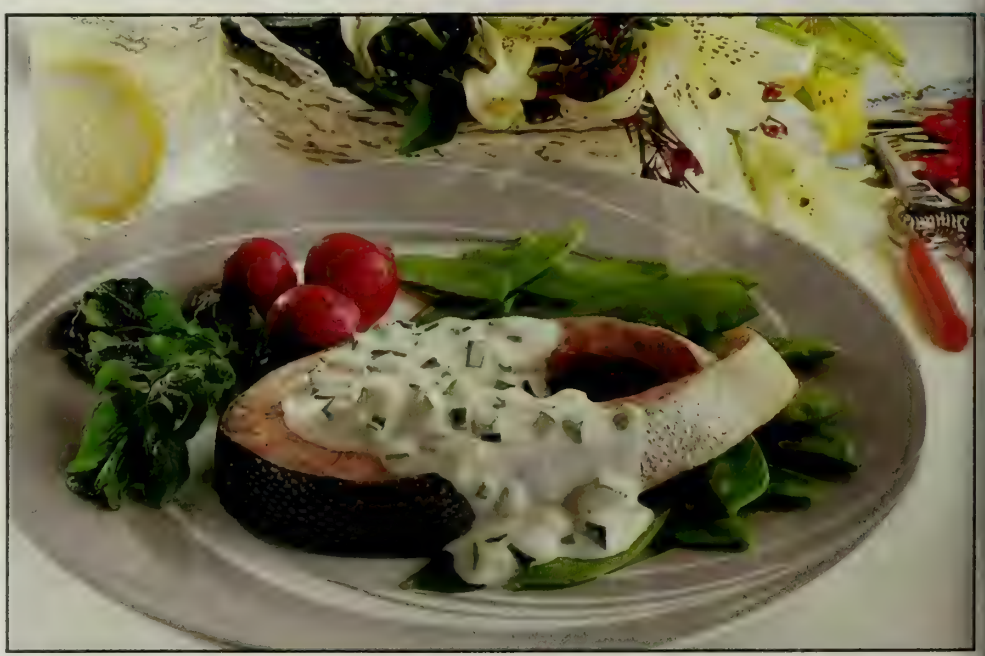
**Recipes begin on page 144.**

## BEEF AND APPLE SALAD ▲

Treat yourself to a one-of-a-kind salad when you're on your own for dinner. Sliced roast beef, jicama, apple wedges, and carrot slices make a stellar combination. Fix it ahead, then sprinkle with raisins and dressing just before eating.

## POACHED SALMON WITH ZUCCHINI MAYONNAISE ▶

Good taste needn't take a lot of time. Creamy tarragon- and zucchini-topped poached salmon answers your quest for terrific flavor in a mere 17 minutes.





## EASY ASPARAGUS LOBSTER NEWBURG ▶

Frozen Newburg, rice pilaf, and asparagus make a stylish dinner combination.

## PICADILLO FRITTATA ◀

Olives, raisins, and almonds—from the Spanish dish, picadillo—flavor this robust open-faced omelet.

**BUYING INFORMATION, PAGE 172.**



*continued from page 135.*



**Four ingredients and voilà—a refreshing alfresco dinner for two. If you use hot salsa in your gazpacho, serve breadsticks and iced tea to cool your taste buds.**

## CHILLED COD WITH EASY GAZPACHO SAUCE ▲

*In case you don't have time to stop at the deli for the salad, make your own. Stir ¼ cup chopped cucumber and 1 tablespoon vinegar with 1 tablespoon sugar—*

- **½ pound cod, cusk, flounder *or* orange roughy fillets, cut ½ inch thick**
- **½ of a lemon, sliced**
- **¼ cup deli marinated cucumber salad *or* mixed vegetable salad, drained**
- **¼ cup mild or hot chunky salsa**

• • •

**Chopped greens (optional)**
**Breadsticks (optional)**

In a large skillet or Dutch oven place a large open steamer basket over ½ inch of *water*. Bring water to boiling; reduce heat. Carefully place the fish fillets in the steamer basket. (Cut the fish into 2 pieces, if necessary, to fit.) Top with lemon slices. Cover skillet or Dutch oven and steam fish about 6 minutes or till fish flakes easily when tested with a fork. Discard lemon.

Remove fish from steamer basket. Carefully immerse the fish in a bowl of ice water. Let the fish stand in the ice water for 1 to 2 minutes or till fish is thoroughly chilled. Using a slotted spoon, carefully remove fish from water and drain on paper towels.

Meanwhile for sauce, cut up any large pieces of deli salad or prepare the cucumber salad as directed. Stir together the cucumber salad and the mild or hot salsa.

Arrange salad greens on two dinner plates; place half of the chilled fish atop each plate of greens. Spoon the salsa mixture over fish. Serve with breadsticks. Makes 2 servings.

***Nutrition information per serving:*** *128 cal., 20 g pro., 9 g carbo., 1 g fat, 0 mg chol., 281 mg sodium, 528 mg potassium, 1 g dietary fiber. U.S. RDA: 12% niacin.*

**More recipes begin on page 138.**

## NUTRITION INFORMATION HOW TO MAKE IT WORK

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

### EVERY RECIPE ANALYZED

● With each recipe we give important nutrition information. This information, which includes the calorie count of individual servings and the amount, in grams, of protein, fat, carbohydrate, cholesterol, sodium, potassium, and dietary fiber, helps you keep tabs on what you eat.

● Also, you can check the vitamin and mineral levels contained in each individual serving of each recipe. These vitamins and minerals are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (The U.S. RDAs are dietary standards developed by the U.S. Food and Drug Administration.)

### HOW WE ANALYZE

● When ingredient options appear in a recipe's ingredient list, we use the first ingredient choice for calculating the nutrition analysis.
● We use the first serving size listed.
● We omit optional ingredients from the nutrition analysis.
● When milk is an ingredient, we figure the nutrition information using *low-fat* milk.

### WHAT YOU NEED

● Use our analyses to chart the nutritional value of the foods you eat. These guidelines are based on daily needs of moderately active females, 23 to 50 years old (in general, males and teens need more calories):

**calories—2,000**
**protein—45 to 65 grams**
**fat—67 grams**
**cholesterol—300 milligrams**
**sodium—1,100 to 3,300 milligrams**
**fiber—25 to 30 grams**

There's no real harm in going over or under these figures in any single day, but aim for a balanced diet overall. BH&G




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*continued from page 136.*

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# TWENTY-MINUTE DINNERS

***(Pictured on pages 130–135)***

## CANADIAN BACON PIZZAS

*These nouvelle pizzas feature fresh spinach and Swiss cheese layered on top of crusty bread slices—*

- ¼ cup mayonnaise *or* salad dressing
- ½ teaspoon dried thyme, crushed; dried basil, crushed; *or* dried oregano, crushed
- ⅛ teaspoon garlic powder
- 2 cups torn fresh spinach
- 6 slices French bread, bias-sliced ½ inch thick

- **6 slices Canadian-style bacon, cut ⅛ inch thick**
- **6 cherry tomatoes, quartered**
- **6 slices Swiss cheese**

● **Preheat broiler.** Stir together the mayonnaise *or* salad dressing; thyme, basil, or oregano; and garlic powder. Toss with the spinach. Spread spinach mixture on one side of each bread slice.

● **Place bread slices,** spinach side up, on the unheated rack of a broiler pan. Place bacon and cherry tomato quarters atop spinach mixture.

● **Broil about 3 inches** from heat for 2 to 3 minutes or till heated through. Top with cheese slices; broil about 1 minute more or till cheese just starts to melt. Makes 3 servings.

***Nutrition information per serving:*** *636 cal., 34 g pro., 44 g carbo., 36 g fat, 89 mg chol., 1,336 mg sodium, 555 mg potassium, 3 g dietary fiber. U.S. RDA: 66% vit. A, 40% vit. C, 45% thiamine, 32% riboflavin, 29% niacin, 62% calcium, 22% iron.*

## HONEY CHICKEN STIR-FRY

*The seasoning packet from the frozen vegetables flavors this stir-fried dish—*

- **1 pound skinned and boned chicken breasts**
- **½ cup apple juice**
- **1 tablespoon honey**
- **1 tablespoon Dijon-style mustard**
- **2 teaspoons cornstarch**
- **1 10-ounce package frozen Chinese-style stir-fry vegetables with seasonings**

• • •

- **1 tablespoon cooking oil**
- **3 green onions, bias-sliced into 1-inch pieces**
- **Chow mein noodles**

● **Rinse chicken; pat dry.** Cut chicken into 1-inch pieces. For sauce, stir together the apple juice, the honey, the mustard, the cornstarch, and the seasoning packet from the frozen stir-fry vegetables. Set sauce mixture aside.

● **Preheat a wok or large skillet** over high heat; add oil. (Add more oil as necessary during cooking.) Stir-fry vegetables and onions in oil for 3 to 4 minutes or till crisp-tender. Remove vegetables from wok.

● **Add *half* of the chicken** to the hot wok. Stir-fry about 3 minutes or till no longer pink. Remove chicken. Repeat with remaining chicken. Return all chicken to the wok. Push from center of the wok.

● **Stir sauce;** add to the center of the wok. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Return vegetables to the wok; toss to coat with sauce. Cook and stir for 1 minute or till heated through. Serve over chow mein noodles. Makes 4 servings.

***Nutrition information per serving:*** *351 cal., 31 g pro., 29 g carbo., 12 g fat, 75 mg chol., 802 mg sodium, 468 mg potassium, 2 g dietary fiber. U.S. RDA: 32% vit. A, 15% vit. C, 10% thiamine, 12% riboflavin, 62% niacin, 11% iron.*

*continued on page 140.*





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## 20-MINUTE DINNERS

*continued from page 139.*

### BEEF TENDERLOIN WITH PEPPERCORNS

*To sauté mushrooms, cook halved mushrooms in a little margarine and red wine over medium heat till tender and the liquid evaporates—*

**2 tablespoons margarine *or* butter**
**Multicolored peppercorns, cracked, *or* black peppercorns, cracked**
**2 beef tenderloin steaks, cut 1¼ inches thick (about 10 ounces total)**

• • •

**2 teaspoons margarine *or* butter**
**1 teaspoon all-purpose flour**
**Dash salt**
**Dash pepper**
**⅓ cup light cream *or* milk**
**1 tablespoon horseradish mustard**

• • •

**Cooked green beans (optional)**
**Sautéed mushrooms (optional)**

● **In a heavy 8-inch skillet melt** 2 tablespoons margarine or butter. Meanwhile, generously sprinkle the cracked peppercorns over both sides of steaks. (Use about *1 teaspoon* pepper for each steak.) With your fingers, press pepper into steaks.

● **Add steaks to skillet** and cook, uncovered, over medium-high heat for 4 minutes. If steaks brown too quickly, reduce heat to medium. Turn the steaks over. Cook 3 to 4 minutes more for medium-rare to medium doneness. Transfer steaks to two dinner plates. Keep warm while preparing sauce.

● **Meanwhile for sauce,** in a small saucepan melt the 2 teaspoons margarine or butter. Stir in flour, salt, and pepper. Add the cream or milk all at once. Cook and stir over medium heat till thickened and bubbly. Cook and stir for 2 minutes more. Stir in the horseradish mustard.

● **To serve, pour** the sauce over the steaks. Serve steaks with cooked green beans and sautéed mushrooms. Makes 2 servings.

***Nutrition information per serving:*** *410 cal., 25 g pro., 3 g carbo., 33 g fat, 100 mg chol., 361 mg sodium, 411 mg potassium. U.S. RDA: 18% vit. A, 20% riboflavin, 15% niacin, 19% iron.*

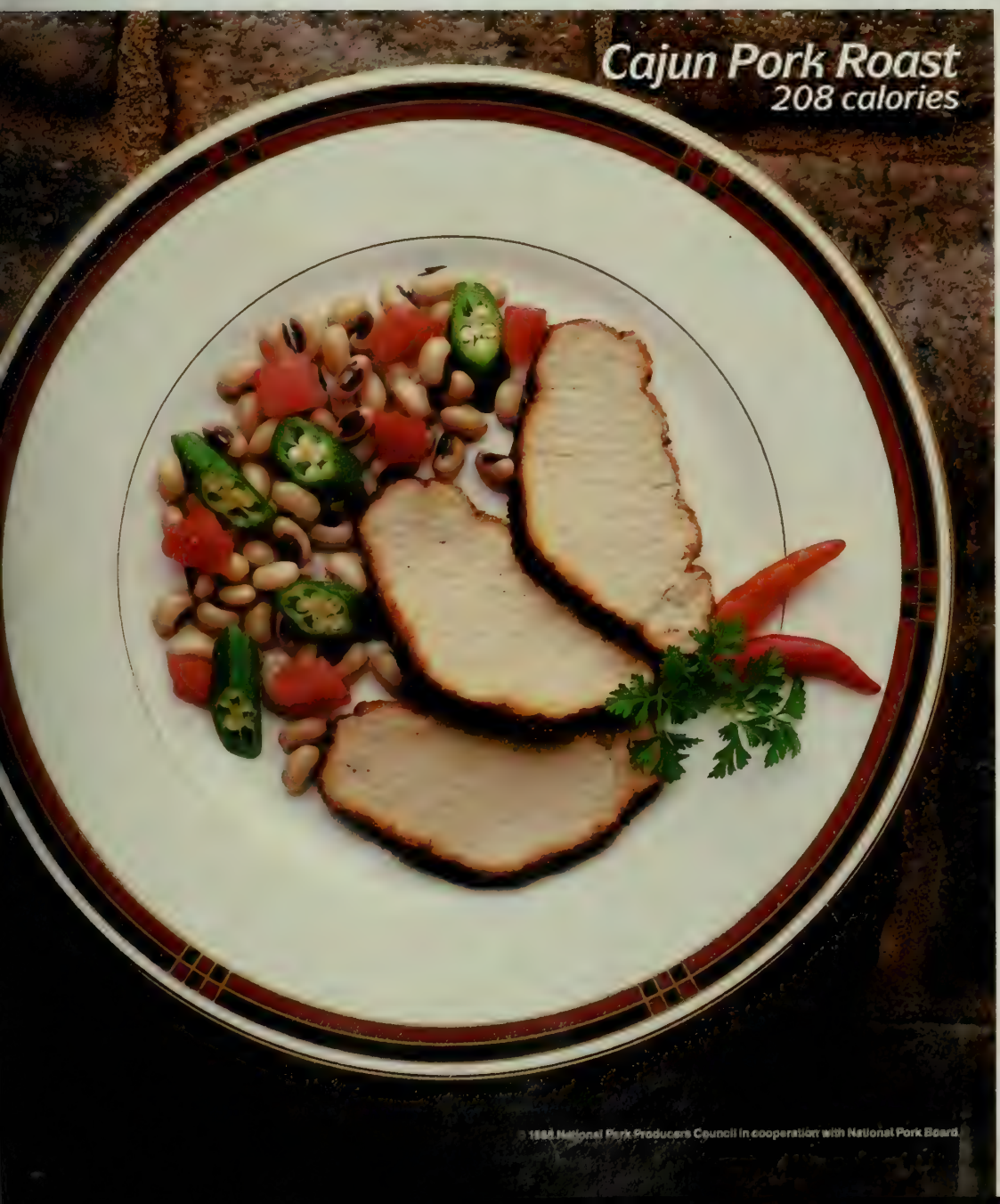
*continued on page 142.*

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***2 lb. boneless single loin pork roast***
***Cooking oil***
***Cajun seasoning:***
***3 Tbs. paprika***
***½ tsp. red pepper (cayenne)***
***1 Tbs. garlic powder***
***2 tsp. oregano***
***2 tsp. thyme***
***½ tsp. salt***
***½ tsp. white pepper, ground***
***½ tsp. cumin***
***¼ tsp. nutmeg***

Rub surface of loin lightly with oil. Combine seasoning mixture and rub well over all surfaces of roast. Place roast in shallow pan and roast in 350 degree F. oven for about an hour, until internal temperature is 155 degrees F. Remove from oven, let rest 5-10 minutes before slicing.

Serves: 4-6

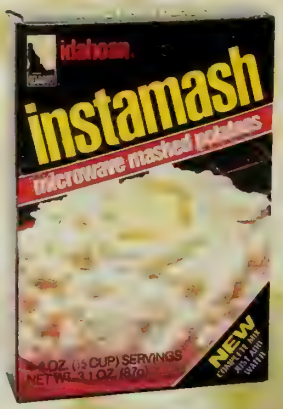
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The Other White Meat.™

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## 20-MINUTE DINNERS

*continued from page 140.*

### SPICED-UP TURKEY SAUTÉ

*Traditional seasonings—coriander, turmeric, and cumin—season this Middle Eastern dish—*

- 2 tablespoons all-purpose flour
- ¾ teaspoon instant chicken bouillon granules
- ¼ teaspoon ground coriander
- ¼ teaspoon ground turmeric
- ⅛ teaspoon garlic powder
- 1 8-ounce carton plain yogurt
- 2 medium carrots, thinly bias sliced
- 3 green onions, bias-sliced into 1-inch pieces
- ½ teaspoon ground cumin
- 1 tablespoon margarine *or* butter
- ½ cup water
- 8 ounces fully cooked smoked turkey breast portion, cut into strips
- ½ of a 15-ounce can garbanzo beans, drained
- ¼ cup mixed dried fruit bits

Hot cooked couscous

● **In a small bowl stir** flour, chicken granules, coriander, turmeric, and garlic powder into yogurt. Set aside.

● **In large skillet cook and stir** carrots, onions, and cumin in hot margarine or butter over medium-high heat about 5 minutes or till carrots are tender. Reduce heat. Add yogurt mixture to skillet. Add water all at once. Cook and stir till thickened and bubbly.

● **Stir in** turkey, beans, and fruit bits. Cover and cook 1 to 2 minutes more or till heated through. Serve over hot cooked couscous. Makes 4 servings.

***Nutrition information per serving:*** *339 cal., 27 g pro., 46 g carbo., 5 g fat, 51 mg chol., 188 mg sodium, 673 mg potassium, 6 g dietary fiber. U.S. RDA: 208% vit. A, 10% vit. C, 14% thiamine, 16% riboflavin, 27% niacin, 15% calcium, 16% iron.*

### GLAZED LAMB WITH PEPPERS

*Because there's plenty of sauce, this dish goes well with hot cooked pasta or rice—*

- 1 tablespoon cooking oil
- 4 lamb leg sirloin chops, cut ¾ inch thick (about 1 pound total)
- ¼ cup orange marmalade
- 3 tablespoons hoisin sauce
- 2 tablespoons water
- 1 sweet red pepper, cut into strips
- 1 green pepper, cut into strips

● **Preheat a large skillet** over medium-high heat. Add oil. Add chops to skillet, then reduce heat to medium. Cook the chops without turning for 7 minutes.

● **Meanwhile, stir together** the marmalade, hoisin sauce, and water.

● **Turn chops over.** Top with red and green pepper strips. Pour marmalade mixture evenly over all. Cover and simmer for 5 to 8 minutes or till chops are desired doneness. Serves 4.

***Nutrition information per serving:*** *227 cal., 19 g pro., 19 g carbo., 9 g fat, 65 mg chol., 145 mg sodium, 348 mg potassium, 1 g dietary fiber. U.S. RDA: 39% vit. A, 113% vit. C, 10% thiamine, 13% riboflavin, 22% niacin, 13% iron.*

*continued on page 144.*

# Pass the Old El Paso® for a Cinco de Mayo fiesta.




**A traditional Mexican fiesta celebrated on May 5th.**

## Beef and Bean Tostada

*1 pound ground beef*
*1 envelope (1-1/4 oz.) OLD EL PASO® Taco Seasoning Mix*
*3/4 cup water*
*12 OLD EL PASO Tostada Shells*
*2 cans (16 oz.) OLD EL PASO Refried Beans or OLD EL PASO Refried Beans with Green Chilies or OLD EL PASO Refried Beans with Sausage, heated*
*shredded lettuce*
*diced tomato*
*shredded Cheddar cheese*
*OLD EL PASO Taco Sauce*

Prepare ground beef according to directions on seasoning mix package. Preheat oven to 350°F. Place tostada shells on baking sheet. Warm in oven for 5 to 7 minutes. Spread each tostada shell with 1/4 cup beans. Top with 1 to 2 tablespoons ground beef mixture, shredded lettuce, tomato, cheese and taco sauce. Makes 12 tostadas.

OLD EL PASO

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*continued from page 142.*

## PORK CHOPS WITH PEANUT GINGER SAUCE

*Look for rice noodles in the Oriental section of your supermarket—*

- **2 tablespoons cooking oil**
- **2 pork loin chops, cut ¾ inch thick (about 12 ounces total)**
- **¼ cup chicken broth**
- **1 tablespoon peanut butter**
- **1 green onion, thinly sliced**
- **1 teaspoon lemon juice**
- **¼ teaspoon garlic powder**
- **¼ teaspoon ground ginger**
- **Hot cooked rice noodles**
- **2 tablespoons chopped peanuts**

● **Preheat a large skillet** over medium-high heat; add oil. Add chops to skillet, then reduce heat to medium. Cook for 7 minutes. Turn chops over. Continue cooking for 5 to 8 minutes more or till chops are no longer pink.

● **Remove pork chops from skillet.** Cover chops to keep warm. Drain off fat in skillet.

● **For sauce,** in the same skillet stir together broth, peanut butter, onion, lemon juice, garlic powder, and ground ginger. Cook and stir over medium heat about 30 seconds or till slightly thickened. (Sauce should be smooth.)

● **Serve chops atop noodles.** Spoon sauce over. Top with peanuts. Serves 2.

***Nutrition information per serving:*** *658 cal., 45 g pro., 23 g carbo., 43 g fat, 145 mg chol., 259 mg sodium, 760 mg potassium, 3 g dietary fiber. U.S. RDA: 87% thiamine, 30% riboflavin, 52% niacin, 12% iron.*

## HAM WITH CHUNKY CRANBERRY SAUCE

*To save more time, have your butcher slice the ham, or purchase ham steaks—*

- **½ pound fully cooked ham, sliced ⅛ inch thick**
- **1 small green apple, cored and chopped (½ cup)**
- **1 stalk celery, sliced (½ cup)**
- **1 tablespoon margarine *or* butter**
- **½ cup cranberry-orange sauce**
- **2 tablespoons vinegar**
- **Several dashes ground allspice**
- **Hot cooked sweet potatoes, sliced (optional)**

● **In a large skillet cook** ham over medium heat about 5 minutes or till heated through, turning once. (Overlap the slices in skillet, if necessary.) Remove ham slices from the skillet. Cover ham to keep warm.

● **In the same skillet cook** apple and celery in hot margarine or butter till tender. Stir in cranberry-orange sauce, vinegar, and allspice. Cook and stir till heated through.

● **On two dinner plates, arrange** ham slices. Spoon sauce atop. Serve with hot cooked sliced sweet potatoes. Makes 2 servings.

***Nutrition information per serving:*** *365 cal., 24 g pro., 41 g carbo., 12 g fat, 60 mg chol., 1,481 mg sodium, 493 mg potassium. U.S. RDA: 47% vit. C, 59% thiamine, 15% riboflavin, 24% niacin, 12% iron.*

## BEEF AND APPLE SALAD

*A great way to enjoy last night's roast beef or use sliced beef from the deli. Save some dressing for another meal—*

- **3 ounces thinly sliced cooked beef**
- **½ of a medium apple, cored and cut into thin wedges**
- **3 ounces jicama, peeled and cut into thin sticks, *or half* of an 8-ounce can sliced water chestnuts, drained**
- **½ of a medium carrot, cut into thin strips**
- **Lettuce leaves**
- **1 tablespoon raisins**

• • •

- **¼ cup apple juice**
- **¼ cup salad oil**
- **2 tablespoons red wine vinegar**

● **Arrange** sliced beef, apple wedges, jicama or water chestnuts, and carrot on a lettuce-lined dinner plate. Sprinkle with raisins. Cover with clear plastic wrap and chill till serving time or serve immediately.

● **For dressing,** in a screw top jar combine apple juice, oil, and wine vinegar. Cover and shake well. Pour desired amount of dressing over salad. Store remaining dressing, covered, in refrigerator. Makes 1 serving.

***Nutrition information per serving:*** *429 cal., 27 g pro., 33 g carbo., 22 g fat, 77 mg chol., 77 mg sodium, 597 mg potassium, 6 g dietary fiber. U.S. RDA: 204% vit. A, 44% vit. C, 11% thiamine, 15% riboflavin, 25% niacin, 25% iron.*

## POACHED SALMON WITH ZUCCHINI MAYONNAISE

*A refreshing supper that also happens to be low in fat—*

- **4 fresh *or* frozen salmon, cod, halibut, *or* shark steaks, cut 1 to 1¼ inches thick**
- **1½ cups water**
- **½ cup dry white wine**
- **½ teaspoon dried tarragon, crushed**

• • •

- **½ of a small zucchini, finely chopped (about ½ cup)**
- **¼ cup mayonnaise *or* salad dressing**
- **¼ cup plain yogurt**
- **2 tablespoons frozen snipped chives**
- **Fresh radishes (optional)**
- **Steamed pea pods (optional)**

● **Thaw fish,** if frozen.

● **In a large skillet combine** water, wine, and tarragon. Bring just to boiling. Carefully add fish. Return to boiling; reduce heat. Cover and simmer till fish just flakes with a fork. (Allow 8 to 12 minutes for 1-inch-thick fish steaks and 10 to 15 minutes for 1¼-inch-thick fish steaks.) Remove the fish steaks from the water and drain thoroughly on paper towels.

● **Meanwhile, for sauce,** in a small bowl stir together the zucchini, mayonnaise or salad dressing, yogurt, and snipped chives.

● **To serve, arrange** the fish steaks on 4 dinner plates. Spoon some of the sauce over each fish steak. Serve with fresh radishes and steamed pea pods. Makes 4 servings.

***Nutrition information per serving:*** *348 cal., 25 g pro., 3 g carbo., 24 g fat, 49 mg chol., 145 mg sodium, 562 mg potassium. U.S. RDA: 12% thiamine, 42% niacin, 18% calcium, 10% iron.*

## EASY ASPARAGUS LOBSTER NEWBURG

*So elegant, who'd ever guess there are so few ingredients?*

- **3 cups water**
- **1 10-ounce package frozen long grain and wild rice**
- **1 6½-ounce package frozen lobster Newburg**
- **½ pound asparagus spears**
- **¼ cup slivered almonds (optional)**
- **Lemon wedges**

*continued on page 146.*

# How to make an unbeatable tuna salad.



## Thousand Island Tuna Salad.

(2 servings)

1 6½-oz. can tuna in water, drained, flaked
½ cup KRAFT Thousand Island Dressing
¼ cup chopped red or green pepper
2 tablespoons green onion slices
½ cup cucumber slices, cut in half
¼ cup cherry tomato wedges
2 California Iceberg Lettuce rafts

Only tangy KRAFT Thousand Island Dressing can turn tuna into a salad that'll sing like this! Combine tuna, ¼ cup dressing, peppers and onions; mix lightly. For each serving, arrange cucumbers and tomatoes on lettuce; top with tuna mixture. Serve with remaining dressing for a delicious Salad Day dish that'll make music!

KRAFT MAKES SALAD *Sing*...




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California Iceberg Lettuce Commission ®

S A L A D - D A Y S

KRAFT




## 20-MINUTE DINNERS

*continued from page 144.*

● **In a large saucepan combine** the water and the pouches of frozen rice and frozen lobster Newburg. Cook according to the lobster Newburg package directions.

● **In a medium saucepan cook** the asparagus spears, covered, in a small amount of boiling water for 3 to 4 minutes or till the asparagus is crisp-tender. Stir the almonds into the rice mixture.

● **To serve, place** *half* of the rice mixture on *each* of two dinner plates. Top *each* serving with *half* of the asparagus spears and *half* of the lobster Newburg. Squeeze the juice from the lemon wedges over each serving. Makes 2 servings.

***Nutrition information per serving:*** *361 cal., 14 g pro., 37 g carbo., 18 g fat, 31 mg chol., 110 mg sodium, 469 mg potassium, and 5 g dietary fiber. U.S. RDA: 24% vit. A, 48% vit. C, 28% thiamine, 15% riboflavin, and 16% niacin, 16% iron.*

### PICADILLO FRITTATA

*A one-skillet dinner that's easy to make and serve—*

**4 ounces bulk Italian sausage**

• • •

**½ cup tomato sauce**
**¼ cup raisins**
**Dash ground cloves**
**Dash ground cinnamon**

• • •

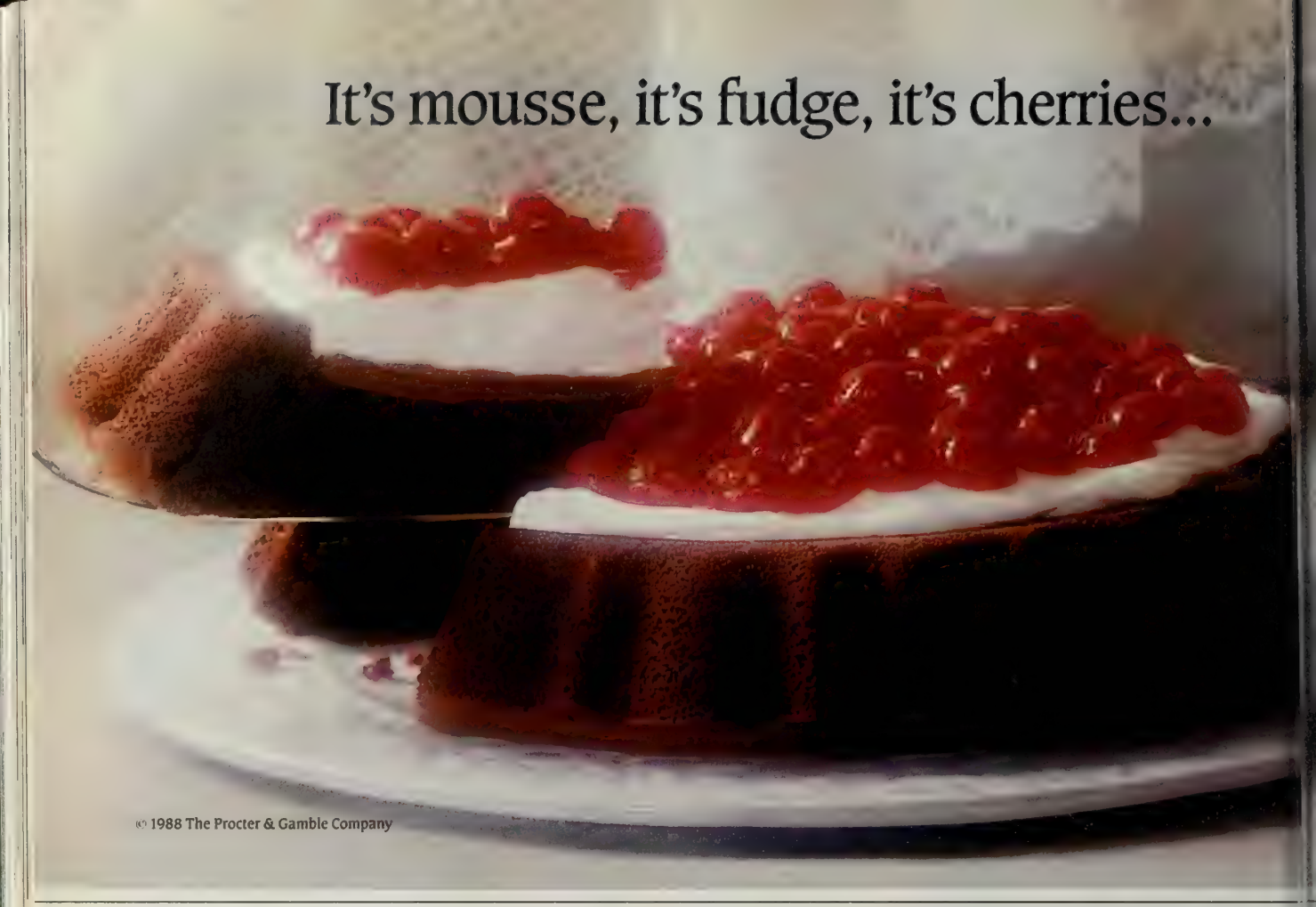
**5 eggs**
**¼ cup milk**




**¼ cup slivered almonds**
**6 pimiento-stuffed olives, drained and halved**
**2 tablespoons grated Parmesan cheese**

- **Preheat broiler.**
- **In an 8-inch ovenproof omelet pan** or skillet cook the Italian sausage over medium heat till done. Drain fat from the skillet.
- **Meanwhile, for sauce,** in a small saucepan combine tomato sauce, raisins, cloves, and cinnamon. Cook and stir over low heat till mixture is heated through. Remove from heat. Cover to keep warm.
- **In a mixing bowl use** a fork or rotary beater to beat together the eggs and the milk till well combined. Pour the egg mixture over the cooked Italian sausage in the skillet.
- **Cook over medium heat,** lifting the edges occasionally to allow uncooked egg portions to flow underneath. Cook about 4 minutes or till top of the egg mixture is almost set.
- **Sprinkle** almonds, olives, and cheese over egg mixture. Broil 5 inches from the heat about 2 minutes or till top is light brown.
- **To serve, cut** into wedges and spoon sauce atop. Makes 3 servings.

***Nutrition information per serving:*** *333 cal., 19 g pro., 17 g carbo., 22 g fat, 477 mg chol., 803 mg sodium, 513 mg potassium, and 2 g dietary fiber. U.S. RDA: 18% vit. A, 17% thiamine, 27% riboflavin, 18% calcium, and 17% iron.*




FOOD

# WINE QUIZ

## BASICS YOU NEED TO KNOW TO MAKE THE RIGHT CHOICES

**Do you know a zinfandel from a Sauvignon Blanc? Do you know which foods best go with Chianti or burgundy? Can you anticipate what a given wine might taste like? Challenge yourself with this quick quiz to find out how you rank as an oenophile (wine lover or connoisseur).**

**QUESTION:** *What red Italian table wine is sold in the familiar straw-covered bottle?*
**ANSWER:** Chianti (key-AHN-tee), of course. By law, wine labeled Chianti Classico must originate in a specific area of central Italy. The distinctive wine bottle carries a seal that consists of a black target with a rooster in the center and varying colors of borders (the border's color indicates the number of years the wine has been aged).
- **Taste:** Smooth and mellow in better versions.
- **Food matches:** Serve Chianti with full-flavored pasta dishes, blue cheese, and steamed shellfish and mollusks.

**HOW TO SAY IT**
**Burgundy** *(BUR-gun-dee)*
**Cabernet Sauvignon** *(ka-ber-nay SO-vee-nyawn)*
**Chablis** *(shah-BLEE)*
**Champagne** *(sham-PAIN)*
**Chardonnay** *(SHAR-don-nay)*
**Chenin Blanc** *(SHEN-in BLAWN)*
**Chianti** *(key-AHN-tee)*
**Gamay-Beaujolais** *(gam-MAY BO-zho-lay)*
**Pinot Noir** *(pea-no NWAR)*
**Riesling** *(REEZ-ling)*
**Rosé** *(ro-ZAY)*
**Sauvignon Blanc** *(SO-vee-nyawn BLAWN)*
**Vermouth** *(ver-MOOTH)*
**Zinfandel** *(ZIN-fan-del)*

**QUESTION:** ***By French law, this expensive red wine is produced only in a northern region of France. Which wine is it?***
**ANSWER:** Burgundy. American and French uses of this word are unrelated. In the United States, "burgundy" is used generically for any blended red table wine. U.S. counterparts of the true French Burgundy are Pinot Noir and Gamay-Beaujolais.




Imagine layer upon layer of your favorite tastes–spicy cherries, extravagant mousse, sinful fudge and moist cake–all in one dessert. It's one of four new Tiara Desserts from Duncan Hines. You'll love how ingredients for all four layers come in one convenient box. And, with the Tiara Desserts pan from Baker's Secret (look in the bakeware aisle), you'll find that creating this look is beautifully easy. In fact, the only hard part is choosing a flavor.

*BLACK FOREST MOUSSE · CHERRIES AND CREAM · CHOCOLATE MOUSSE · CHOCOLATE AMARETTO MOUSSE*


- **Taste:** Dry, mellow, and soft.
- **Food matches:** Serve French or American burgundy with everyday foods—cheese dishes, Italian entrées, grilled steaks, and barbecue specialties.

**QUESTION:** ***This popular wine also must come from a legally described region of France. By any other name,* sekt *in Germany or* asti spumante *in Italy, it's still a sparkling idea for celebrations. What's the wine?***

**ANSWER:** King of the bubblies—champagne! The wine, when produced in the U.S., must be made by France's bottle-fermented process and labeled with its geographic origin. Serve champagne well chilled.

- **Taste:** Varies from sweet to dry.
- **Food matches:** Brie and Boursin cheeses; serve with dessert, too.

**QUESTION:** ***From the Bordeaux region in France, grape and wine share the name. Which wine?***

**ANSWER:** Sauvignon Blanc (SO-vee-nyawn BLAWN)—also known as Fume Blanc and Blanc Fume, which are other French names for the same grape. Both dry and sweet wines with this name are produced in the U.S.

- **Taste:** Dry, aromatic, a little spicy, and fruity.
- **Food matches:** Seafood, curry dishes, pork, Swiss or Gruyère cheese.

**QUESTION:** ***What California red wine can be purchased both nouveau (new) and aged?***

**ANSWER:** Zinfandel (ZIN-fan-del). When young, it is fruity and dry, with a berrylike aroma and flavor. With maturity, the bouquet suggests black currants, pepper, herbs, and spice.

- **Taste:** Varies with age of the wine.
- **Food matches:** Monterey Jack, mild cheddar, and Edam cheeses; serve with barbecue beef, pork, or roast duck.

**QUESTION:** ***This widely produced grape is the source of what is considered California's finest red wine. What's your guess?***

**ANSWER:** Cabernet Sauvignon (ka-ber-nay SO-vee-nyawn). This red wine grape originated in the Bordeaux region of France.

- **Taste:** Full-bodied and velvety smooth when mature, with the taste of berries, herbs, and even mint.
- **Food matches:** Roast beef, grilled lamb, or stewed venison; also Swiss, Muenster, and Port du Salut cheeses.

**QUESTION:** ***When you need a rich, full-bodied dessert wine, which red or amber wine would make a wise choice?***

**ANSWER:** Port. Ports aged in wooden casks for two or more years are labeled *ruby* or *tawny.* Tawny is older, browner, less fruity, and usually more expensive than ruby.

- **Taste:** Most are fruity.
- **Food matches:** Desserts and dessert cheeses such as Camembert, Brie, or Bel Paese.

# MEASURING UP

**How you measure ingredients can mean the difference between success and failure for your recipe. For instance, to accurately measure brown sugar, pack it lightly so it holds the shape of the dry measure when turned out. Here are more tips from our Test Kitchens for perfect results every time you cook.**



### To measure liquids

Use a standard glass or clear plastic measuring cup with a spout. Place it on a level surface. Bend down so the marking for the amount you need is at your eye level. Add the liquid to the cup till it reaches the marking.



### To measure dry ingredients

Use a dry measuring cup that holds the exact amount you need. Lightly spoon in the ingredient; level with a flat-bladed metal spatula.

*Don't* dip a measure into flour; you'll pack in more flour than you need. BH&G



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HONEY 'N' SPICE GLAZED CHICKEN

1/2 cup Heinz 57 Sauce
1/4 cup honey
2-1/2 pounds chicken pieces
Melted butter or margarine

Combine 57 Sauce and honey. Brush chicken with melted butter, then 57 Sauce-honey mixture. Grill or broil until chicken is cooked, turning and brushing frequently with 57 Sauce-honey mixture. Makes 5 servings.

57 SAUCE CHEDDAR BURGERS

1 pound lean ground beef
1 cup grated Cheddar cheese
1/2 cup soft bread crumbs
1/4 cup minced onion
3 tablespoons Heinz 57 Sauce
1/4 teaspoon salt
Sandwich buns, toasted

Combine first 6 ingredients. Form into 5 patties. Grill or broil to desired degree of doneness. Serve in sandwich buns; top with additional 57 Sauce, if desired. Makes 5 servings.

For more great recipes, send a self-addressed, stamped envelope to: Don't Stop At Steak, c/o Heinz 57 Sauce, P.O. Box 57, Pittsburgh, PA 15230-0057.

Heinz

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# A MEXICAN DINNER FOR KIDS TO MICRO-COOK

## A 25-MINUTE MICROWAVE DINNER

By Joy Taylor

FAMILY FAST FAVORITES



SCOTT LITTLE

Chili-Muffin Dinner—A simple recipe to teach your children the basics of microwave cooking. Second time around, let them try it on their own.

**MENU IDEA**

Serve Chili-Muffin Dinner along with a refreshing salad: Toss together torn lettuce, mandarin oranges, sliced celery, and your favorite salad dressing. Include glasses of milk, too. Dessert? Ice cream!

### UTENSILS YOU'LL NEED

- fork
- colander
- can opener
- wooden spoon
- table knife
- small spoon
- 3-quart microwave-safe casserole with lid

### CHILI-MUFFIN DINNER

*Cleanup is a breeze, too!*

- 1 12½-ounce package (6) frozen corn muffins
- 1 pound lean ground beef
- 1 15½-ounce can chili beans
- 1 12-ounce can whole kernel corn
- 1 14½-ounce can Mexican-style stewed tomatoes
- 1 8-ounce jar taco sauce
- 6 slices American cheese, cut into triangles
- 1 8-ounce container sour cream dip with toasted onion

● **Gather utensils** (see list) and ingredients, and read through the recipe.

● **Thaw muffins** in the microwave oven following package directions. Remove from oven; set aside.

● **Use your hands to crumble meat** into a 3-quart microwave-safe casserole. Cover and place in the microwave oven; set on full or 100% power (high). Set the microwave timer for 3 minutes. Start oven.

● **After 3 minutes of cooking,** stir meat with a fork to break up large pieces. Micro-cook meat on high for 2 minutes more. Drain meat in a colander to get rid of fat. Return cooked meat to the casserole.

● **Use a can opener to open beans,** corn, and tomatoes. Drain the beans and corn in the colander.

● **Using a wooden spoon, stir beans,** corn, *undrained* tomatoes, and taco sauce into meat in casserole. Micro-cook, uncovered, on high for 3 minutes then stir mixture. Cook 4 to 6 minutes more or till bubbly and hot; stir again.

● **Cut muffins** in half. Place 2 muffin halves on each plate. Spoon chili mixture over each. Top each serving with cheese and sour cream dip. Serves 6.

***Nutrition information per serving:*** 538 cal., 30 g pro., 47 g carbo., 26 g fat, 129 mg chol., 1,308 mg sodium, 840 mg potassium, 12 g fiber. U.S. RDA: 25% vit. A, 23% vit. C, 27% riboflavin, 27% niacin, 28% calcium, 29% iron. BH&G

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# deserves another.





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# SPECIAL-OCCASION SWEET BREAD

***First published in BH&G in April, 1984, Mixed Nut Tea Ring is worth repeating.***




SCOTT LITTLE

**A terrific glaze and filling make this a favorite recipe of ours.**

## MIXED NUT TEA RING

- **2¾ to 3¼ cups all-purpose flour**
- **1 package active dry yeast**
- **⅔ cup milk**
- **⅓ cup margarine *or* butter**
- **3 tablespoons sugar**
- **1 teaspoon ground ginger**
- **1 egg**
- **¼ cup margarine *or* butter**
- **¼ cup sugar**
- **1 teaspoon finely shredded lemon peel**
- **1 tablespoon lemon juice**
- **1 cup coarsely chopped pecans, walnuts *and/or* hazelnuts**
- **1 teaspoon vanilla**
- **1 recipe Fluffy Lemon Butter**

Combine *1½ cups* flour and yeast. Heat next 4 ingredients and ½ teaspoon *salt* till warm (120° to 130°) and margarine almost melts; stir constantly. Add to flour mixture. Add egg. Beat on low ½ minute; scrape bowl constantly. Beat on high 3 minutes. Stir in as much remaining flour as you can.

On lightly floured surface knead in enough remaining flour to make a moderately soft dough that's smooth and elastic (3 to 5 minutes). Shape into ball. Place in greased bowl; turn once. Cover; let rise till double (about 1½ hours). Punch down. Cover; let rest 10 minutes. Meanwhile, melt ¼ cup margarine. Add next 3 ingredients. Bring to boil; stir constantly. Remove; add nuts and vanilla. Cool. Spoon nut mixture into greased 6½-cup ovenproof ring mold.

On lightly floured surface shape dough into 21-inch-long rope; place in mold atop nut mixture. Pat gently to fit in pan. Seal dough ends. Cover; let rise till nearly double (about 1 hour).

Bake in 375° oven 20 to 25 minutes; cover last 5 minutes. Cool 5 minutes; remove from pan. Spoon any nuts in pan atop bread; cool. Halve bread horizontally; spread Fluffy Lemon Butter over bottom. Replace top. Serves 12.

***Fluffy Lemon Butter:*** In a saucepan combine 3 tablespoons *sugar,* 2 teaspoons *cornstarch,* 1 teaspoon finely shredded *lemon peel,* and dash *salt.* Add ½ cup *milk.* Cook and stir till bubbly; cook and stir 2 minutes more. Gradually stir *⅓ cup* of mixture into 1 beaten *egg;* return to pan. Cook and stir 2 minutes more. Remove from heat. Stir in 2 teaspoons *lemon juice.* Cover surface with waxed paper; cool completely. Beat ½ cup softened *margarine* or *butter* till smooth. Gradually beat in lemon mixture. Chill 30 minutes or till spreadable. Makes 1¼ cups filling.

***Nutrition information per serving:*** 317 cal., 7 g pro., 36 g carbo., 17 g fat, 48 mg chol., 229 mg sodium. BH&G

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## PASTA GARDENA

8 oz spaghetti or other pasta
½ c vegetable oil
⅓ c Heinz Distilled White Vinegar
2 c cherry tomatoes, halved
½ c chopped fresh parsley
¼ c chopped fresh basil or 2 Tbsp dried basil leaves
Dash salt
Dash pepper
½ c grated Parmesan cheese

Cook pasta according to package directions; drain well. Meanwhile, combine oil and vinegar in jar; cover and shake vigorously. In large skillet, combine cooked pasta, oil-vinegar mixture and tomatoes. Heat over low heat, tossing gently. Add parsley, basil, salt and pepper. Heat thoroughly. Sprinkle each serving with Parmesan cheese. Makes 4-6 servings.



## TANGY CHICKEN WITH TOMATOES AND HERBS

1 medium onion, sliced
2 cloves garlic, minced
1 tsp dried rosemary leaves
½ tsp dried basil leaves
½ tsp dried thyme leaves
2 Tbsp vegetable oil
1 can (16 oz) tomatoes, drained, cut into bite-size pieces
¾ c Heinz Tomato Ketchup
¼ to ⅓ c Heinz Apple Cider Vinegar
1 Tbsp brown sugar
½ tsp salt
Dash pepper
2½ to 3 lb chicken pieces, skinned
Cornstarch-water mixture
Hot cooked noodles

In Dutch oven or large skillet, sauté onion, garlic and herbs in oil until onion is tender-crisp. Stir in tomatoes and next 5 ingredients. Add chicken. Bring to a boil; reduce heat and simmer, covered, 45 to 50 minutes or until chicken is tender. Thicken sauce with cornstarch-water mixture. Serve chicken and sauce with noodles. Makes 5-6 servings (about 3 cups sauce).




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# HEINZ. THE RECIPE VINEGARS.

# EASY CAJUN COOKING

## A CLASSIC ROUX GETS YOU STARTED

**Step number one for authentic Cajun cooking: Prepare the roux (pronounced ROO). This cooked blend of flour and oil lends rich color and flavor to Cajun Seafood Stew. Follow a few roux-making basics and it's a cinch to do, too.**



SCOTT LITTLE

**Louisiana-style stew: It has a rich taste from the roux.**

### ROUX BASICS

- For even heating, cook the roux in a heavy pan.
- Stir the roux constantly as it cooks so it does not scorch. To protect yourself from splattering fat, stir the roux with a long-handled wooden spoon.
- After cooking the roux for 3 minutes over medium-high heat, reduce the heat to medium for better control of cooking.
- Cook your roux to a golden brown for fish and seafood dishes, to a dark reddish brown for more robust meat and poultry dishes. The longer the roux cooks, the darker it gets and the more intense the flavor.

### CAJUN SEAFOOD STEW

*Look for filé powder (ground sassafras leaves used for thickening and flavoring) in the spice and herb section of your supermarket—*

**12 ounces fresh *or* frozen shelled shrimp**
**1 6-ounce package frozen crabmeat**

• • •

**¼ cup all-purpose flour**
**¼ cup cooking oil**

• • •

**1 red *or* green sweet pepper, cut into ¾-inch pieces**
**1 medium onion, chopped**
**1 stalk celery, chopped**
**2 cloves garlic, minced**
**1½ cups water**
**1 7½-ounce can tomatoes, cut up**
**¾ teaspoon salt**
**¼ to ½ teaspoon ground red pepper**
**¼ teaspoon pepper**

• • •

**1 to 2 tablespoons filé powder**
**Hot cooked rice**

Thaw shrimp, if frozen, and crabmeat.

For roux, in a large heavy skillet combine flour and oil till smooth. Cook over medium-high heat 3 minutes, stirring constantly. Reduce the heat to medium. Cook and stir roux constantly 5 to 10 minutes more or till a golden-brown roux forms (see photo, *left center*).*

Add the red or green sweet pepper, onion, celery, and garlic. Cook for 3 to 5 minutes or till vegetables are tender. Stir in water, *undrained* tomatoes, salt, red pepper, and black pepper. Bring to boiling. Add shrimp and crabmeat (see photo, *left below*). Return mixture to boiling; reduce the heat. Simmer, uncovered, for 1 to 3 minutes or till the shrimp turn pink. Remove from heat.

Stir in enough filé powder till of desired consistency. Serve the shrimp mixture in individual bowls with a mound of rice over each serving. Makes 6 servings.

***Nutrition information per serving:*** 312 cal., 19 g pro., 35 g carbo., 11 g fat, 113 mg chol., 474 mg sodium. U.S. RDA: 48% vit. A, 100% vit. C, 17% thiamine, 22% niacin, 17% iron, and 20% phosphorus.

### TESTED TECHNIQUES



First, cook and stir roux 3 minutes. Then, cook and stir 5 to 10 minutes more till roux turns golden brown.



Carefully stir in shrimp and crabmeat; cook till shrimp turn pink. Stir in filé powder to thicken.

### *MAKE-AHEAD ROUX

Prepare the roux as directed; cool and transfer to a tightly covered container. Store in refrigerator up to 2 weeks or in freezer up to 6 months. To use the roux, in a covered saucepan cook over medium-high heat till heated through.






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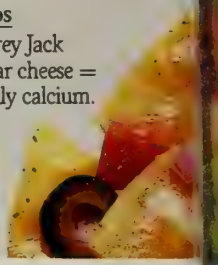
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FOOD

# MAGNIFICENT MUFFINS

## MAKE 'EM BIG AND TASTY!

**The newest trend in muffins is BIG. The bigger the muffin, the better. Each of these mammoth examples offers lots of flavor and energy. Serve them for breakfast, a snack, or after school.**

### BACON-CHEDDAR MUFFINS

*Fix a batch of these tender muffins for breakfast—*

Cornmeal (optional)
1¾ cups all-purpose flour
½ cup shredded sharp cheddar cheese (2 ounces)
¼ cup sugar
2 teaspoons baking powder
¼ teaspoon salt
¼ teaspoon ground red pepper
1 beaten egg



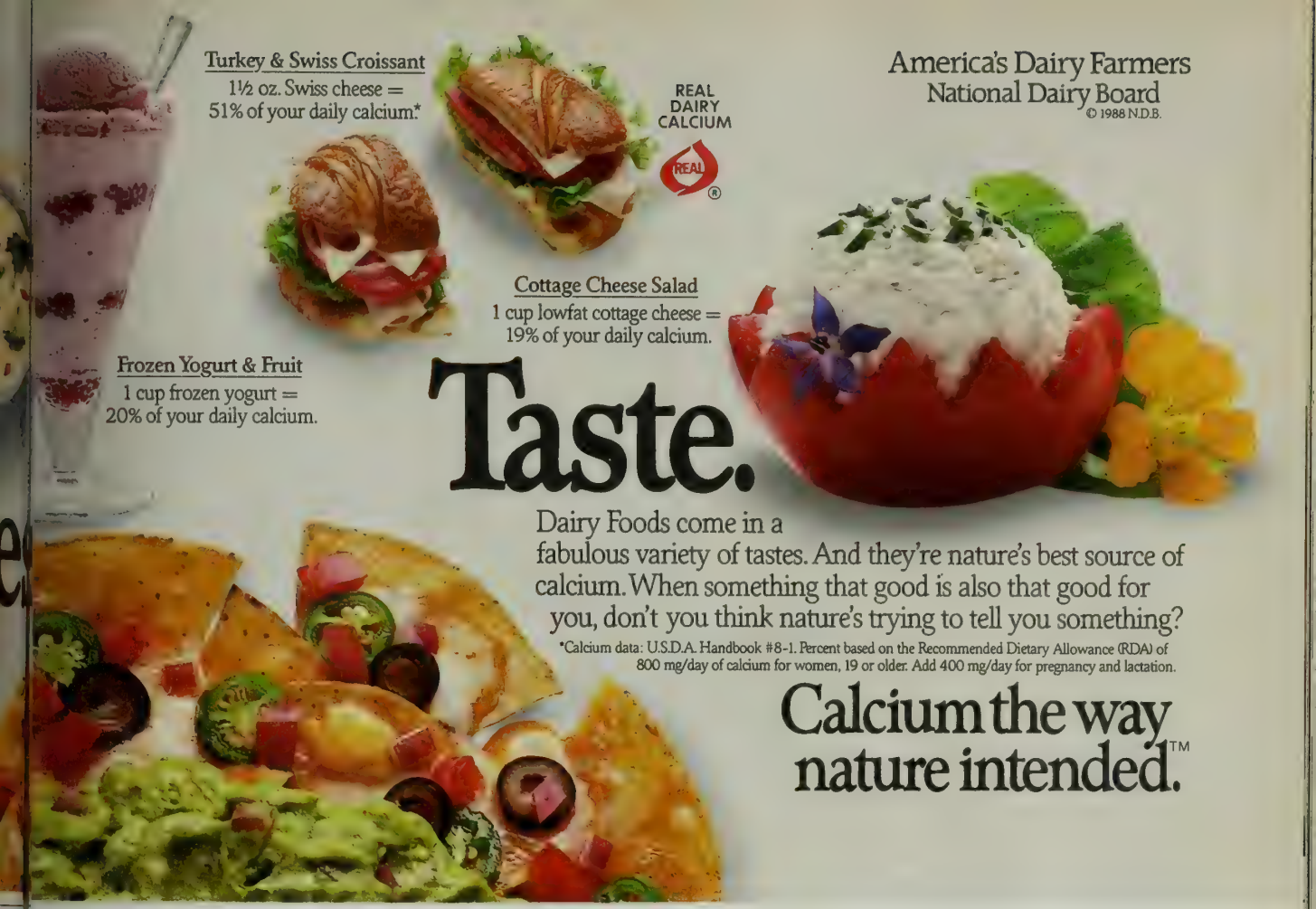
SCOTT LITTLE

Bacon-Cheddar Muffins—great early in the morning.

¾ cup milk
⅓ cup cooking oil
6 strips bacon, crisp-cooked, drained, and crumbled (⅓ cup)

Grease muffin cups and top of pan or spray with nonstick spray coating; sprinkle pan with cornmeal, if desired. Or, line the muffins pan with paper bake cups (but still grease tops of pans). Set the pan aside.

In bowl stir together all-purpose flour, shredded cheese, sugar, baking powder, salt, and ground red pepper. Make a well in the center. In a small bowl combine egg, milk, and oil. Add egg mixture all at once to flour mixture. Stir just till moistened (batter should be lumpy). Fold in the crumbled bacon. Fill prepared cups even with the top. Bake in a 400° oven for 20 to 25 minutes or till muffins are golden. Remove muffins from pan; serve warm. Makes 8.





***Nutrition information per Bacon-Cheddar Muffin:*** 288 cal., 8 g pro., 29 g carbo., 16 g fat, 48 mg chol., 293 mg sodium, 106 mg potassium, and 1 g dietary fiber. U.S. RDA: 15% thiamine, 12% riboflavin, 14% calcium.

## GIANT GINGERBREAD MUFFINS

*Here's a snack your kids will love because it tastes like a gingerbread cookie. You'll like serving the muffins to them because the bran cereal makes them extra nutritious—*

**2 cups all-purpose flour**
**1 tablespoon baking powder**
**½ teaspoon baking soda**

• • •

**½ cup margarine *or* butter**
**2 tablespoons brown sugar**
**1 cup dairy sour cream**
**½ cup light molasses**
**2 eggs**
**3 cups raisin bran cereal *or* whole wheat and bran flakes with fruit**



SCOTT LITTLE

**Giant Gingerbread Muffins—cereal adds extra fiber**

Grease muffin cups and top of pan or spray with nonstick spray coating; set the pan aside.

In a large mixing bowl stir together the all-purpose flour, baking powder, and baking soda; set aside.

In a large mixer bowl beat margarine or butter for 30 seconds. Add brown sugar; beat till fluffy. Beat in sour cream and molasses till blended. Beat in eggs. Stir flour mixture into creamed mixture till moistened. Fold in cereal. Fill prepared muffin cups even with the top of the pan. Bake in a 375° oven about 25 minutes or till muffins are done. Remove from pan; serve warm. Makes 12 big muffins.

***Nutrition information per Giant Gingerbread Muffin:*** 280 cal., 5 g pro., 37 g carbo., 13 g fat, 55 mg chol., 330 mg sodium, 283 mg potassium, and 2 g dietary fiber. U.S. RDA: 19% vit. A, 19% thiamine, 18% riboflavin, 15% niacin, 13% calcium, 20% iron.

### How to Bake Big Muffins

For big muffins like these, grease the tops of the muffin cups so the muffins won't stick when they grow over the cup edge as they bake.

To remove the muffins from the pan, carefully run a thin metal spatula under and around the tops of the muffins to loosen them from the pan. Transfer muffins to a cooling rack. Wait a few minutes while they cool, then enjoy!

# SPRING FOR LAMB!

## FESTIVE, QUICK-TO-FIX ENTRÉE

**When you're tempted by lamb in the supermarket, go ahead and splurge. This entrée will make the indulgence memorable.**

### LAMB CHOPS WITH LEEK SAUCE

- 6 lamb loin chops, cut 1 inch thick
- 1 tablespoon olive oil
- 2 tablespoons water
- ¾ cup sliced leeks
- 1 shallot, chopped
- ½ teaspoon dried tarragon, crushed
- ½ cup whipping cream

Trim fat from chops. In a 10-inch skillet cook chops in hot oil over medium heat till of desired doneness, about 10 minutes per side for medium. Drain off fat; transfer chops to dinner plates and keep warm. Add water to skillet; scrape up crusty bits from the bottom of the skillet. Add leeks, shallot, and tarragon; simmer 1 to 2 minutes or till leeks are almost tender. Stir in cream. Bring to boiling; reduce heat. Simmer 1 to 2 minutes or till of desired consistency. Spoon sauce over chops. Serves 3.

***Nutrition information per serving:*** 390 cal., 29 g pro., 8 g carbo., 27 g fat, 152 mg chol., 91 mg sodium. U.S. RDA: 13% vit. A, 19% riboflavin, 31% niacin, 17% iron, 26% phosphorus. PH&G



SCOTT LITTLE

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See Page 167 For Details

BETTER HOMES AND GARDENS TEST KITCHEN®
PRIZE TESTED RECIPES®



# Ground Meat Main Dishes

File under Meat
May 1988

## $100 WINNER *Mrs. Lisa Kelly Thomson, Lexington, Ky.*

### Double-Crust Pizza Casserole

*Lisa adapted one of her mother's recipes to create this hearty main dish. It's perfect to tote to a potluck dinner—*

- 3 cups all-purpose flour
- 3 cups packaged instant mashed potatoes
- 1¼ cups milk
- 1¼ cups margarine *or* butter, melted
- 1 pound ground beef
- 1 pound bulk Italian sausage
- 1 large onion, coarsely chopped
- 1 8-ounce can tomato sauce
- 1 6-ounce can pitted ripe olives, drained and halved
- 1 6-ounce can tomato paste
- ½ of 1.31-ounce package sloppy joe seasoning mix (about 2 tablespoons)
- ¼ teaspoon garlic powder
- 1½ cups shredded mozzarella cheese

For crust, combine flour, potatoes, milk, and margarine or butter. Set aside.

For filling, in a 12-inch skillet or Dutch oven cook beef, sausage, and onion till onion is tender and meat is no longer pink. Drain off fat. Stir in tomato sauce, olives, tomato paste, seasoning mix, and garlic powder.

Press *half* of the crust into the bottom and up the sides of a 13x9x2-inch baking dish. Spread filling over crust; sprinkle with cheese. Roll remaining crust to a 15x11-inch rectangle between waxed paper; invert over filling. Trim edges as necessary. Turn edges under and crimp. Bake in a 425° oven for 30 to 35 minutes or till heated through and crust is golden. Let stand 5 minutes before serving. Makes 12 servings.

***Nutrition information per serving:*** 529 cal., 21 g pro., 36 g carbo., 33 g fat, 54 mg

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®
PRIZE TESTED RECIPES®



# Refreshing Beverages

File under Beverages
May 1988

## $100 WINNER *Cindy C. Rountree, Jacksonville, Fla.*

### Kiwi Fruit Float

*Celebrate springtime with this creamy taste of the tropics—*

- 1 12-ounce can piña colada mix
- 2 kiwi fruit, peeled and cut up
- 1 banana, cut up
- 3 drops green food coloring (optional)
- Vanilla ice cream
- 2 12-ounce cans ginger ale, chilled
- Ground nutmeg (optional)

In a blender container or food processor bowl combine piña colada mix, kiwi fruit, banana, and food coloring. Cover and blend or process for 1 to 2 minutes or till smooth. Transfer the mixture to a 1-quart pitcher or jar; cover and place in the freezer for 1 hour.

Pour about ¼ *cup* of the kiwi mixture into *each* of eight 6-ounce glasses. Top *each* with a scoop of ice cream. Fill glasses with ginger ale. Sprinkle with nutmeg. Serve immediately. Stir gently with an up-and-down motion to mix before drinking. Makes enough for 8 (6-ounce) servings.

***Nutrition information per serving:*** 242 cal., 3 g pro., 34 g carbo., 11 g fat, 30 mg chol., 70 mg sodium, 301 mg potassium, 1 g dietary fiber. U.S. RDA: 31% vit. C, 12% riboflavin, 10% calcium.






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# Refreshing Beverages

**File under Beverages**
**May 1988**

## $50 WINNER *Kathryn M. Griesbaum, Mission Viejo, Calif.*

### Citrus-Beer Punch

*Although citrus fruit and beer sound like an odd combination, this recipe is really a refreshing blend of sweet and tart. You can easily halve it to make 4 servings—*

**6 lemons**
**2 cups sugar**
**2 cups water**
**1 cup grapefruit juice, chilled**
**2 12-ounce cans light beer, chilled**
**Cracked ice**
**Lemon slices (optional)**

Remove peel from the 6 lemons and set aside. Juice lemons. (You should have about *2 cups* juice.) In a large saucepan stir together sugar and water. Bring to boiling. Add reserved lemon peel. Remove from heat. Cover and let stand 5 minutes. Remove and discard peel. Add lemon juice and grapefruit juice to sugar mixture. Transfer to a 2½- or 3-quart pitcher; cover and chill completely. To serve, add beer; pour over cracked ice and serve with lemon slices. Makes about 8 (8-ounce) servings.

***Nutrition information per serving:*** 245 cal., 1 g pro., 59 g carbo., 0 g fat, 0 mg chol., 4 mg sodium, 141 mg potassium. U.S. RDA: 62% vit. C.

Photographs: Scott Little

Clip along here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®



# Ground Meat Main Dishes

**File under Meat**
**May 1988**

## $50 WINNER *Roxanne E. Chan, Albany, Calif.*

### Turkey Meatballs in Lemon Sauce

*A fiber-boosted, light, and lean '80s version of meatballs and gravy—*

**1 beaten egg**
**¼ cup whole bran cereal**
**1 teaspoon Worcestershire sauce**
**½ to 1 teaspoon finely shredded lemon peel**
**1 pound ground raw turkey**
**2 tablespoons cooking oil**
**1 cup chicken *or* turkey broth**
**¼ cup plain yogurt**
**1 tablespoon cornstarch**
**1 tablespoon lemon juice**
**1 small carrot, finely shredded**
**1 green onion, sliced**

In a mixing bowl combine egg, cereal, Worcestershire sauce, and lemon peel. Add turkey; mix well. Shape into 8 balls using about *¼ cup* mixture for each.

In a 10-inch skillet brown meatballs on all sides in hot oil; drain off fat. Add broth. Cover and simmer 20 minutes. Use a slotted spoon to transfer meatballs to a serving dish, reserving juices in skillet. Cover meatballs and keep warm.

Meanwhile, for sauce, in a small mixing bowl combine yogurt, cornstarch, and lemon juice; add to the reserved juices in skillet. Cook and stir till mixture is thickened and bubbly. Cook and stir for 2 minutes more. Add carrot and onion. Serve sauce over meatballs. Makes 4 servings.

***Nutrition information per serving:*** 251 cal., 29 g pro., 8 g carbo., 11 g fat, 153 mg chol., 331 mg sodium, 421 mg potassium, 1 g dietary fiber. U.S. RDA: 75% vit. A, 18% riboflavin, 31% niacin, 15% iron.

**Buying information, page 172.**



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WIN MONEY FOR YOUR RECIPES

This Month's Winners, Pages 163, 164.

PRIZE TESTED RECIPES®

## THIS MONTH'S CATEGORIES

### Cranberry Desserts
### Holiday Appetizers

**What one-of-a-kind dessert do you make to show off cranberries? What special hors d'oeuvre do you serve at holiday gatherings?** Send us your recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Recipes will be pictured on the Prize Tested Recipes pages of *Better Homes and Gardens* next December. Winners receive a certificate and six copies of their recipe.

## HINTS TO HELP YOU

**Cranberry Desserts:** Enter any sweet meal finale that uses fresh cranberries, or frozen or canned products. Do you make a new cranberry cookie? **Hints: flambéed cranberries, cranberry-chocolate torte, cherry-cranberry crisp.**

**Holiday Appetizers:** What original munchies do you make that are a hit at holiday gatherings? Your appetizer can be hot or cold. Do you micro-cook the recipe? Can you make it ahead? **Hints: sausage pastry bites, curried crab spread, microwave French cheese dip.**

## WINNERS IN THIS ISSUE

**$100 Winners**

Cindy C. Rountree, Jacksonville, Fla.
Mrs. Lisa Kelly Thomson, Lexington, Ky.

**$50 Winners**

Roxanne E. Chan, Albany, Calif.
Kathryn M. Griesbaum, Mission Viejo, Calif.

**Honor Roll Winners**

Vicki R. Callagan, APO, N.Y.; Yvette Carozza, Central Falls, R.I.; Christina Kloosterman, Cary, N.C.; Darla McDole, Hendersonville, Tenn.; Carol E. Vogel, Clarkson, Nebr.; Susan Vogel, Ithaca, N.Y.

## CONTEST RULES

**1.** Clearly type or print your name, address, and recipe marked "December Cranberry Desserts" or "December Holiday Appetizers." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, May 31, 1988. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8812 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation. BP KC

# HOW TO ORDER

## Wildflower Gardens

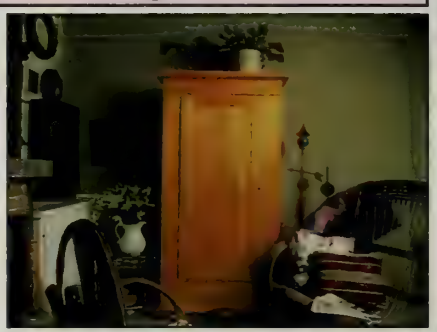


For spectacular summer color this year, try your hand at a wildflower garden like that shown by our Garden Editors on pages 44 to 50. Our **Wildflower Seed Collection** has been selected and packaged exclusively for the readers of ***Better Homes and Gardens®***. The collection contains a mixture of wildflower seeds (no grasses) sufficient to cover 200-250 square feet (about ½ ounce). Fifteen varieties make up the mix including: baby's breath, bachelor's button, bishop's flower, black-eyed susan, desert blue bells, catchfly, clarkia (farewell-to-spring), coreopsis, cosmos, lewis flax, scarlet flax, arroyo lupine, rose mallow, California poppy, and shirley poppy. Both annuals and perennials are included in the mix although annuals predominate (so you'll probably wish to reseed next summer for a new splash of color).

## Woodworkers' Blueprints



**Saltbox Birdhouse,** page 24



**Classic Country Armoire,** page 82

We give complete build-it-yourself detail for the **Classic Country Armoire** on pages 82 to 86, but if you prefer to work from a blueprint (or intend to hire a contractor who does), order our Project Plan. All ***Better Homes and Gardens®*** Project Plans are professional-quality woodworkers' blueprints including detailed drawings, lists of materials, construction tips, and complete step-by-step instructions.

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| 24 | No. 50384 Saltbox Birdhouse | | $5.95 | |
| 82-86 | No. 50740 Classic Country Armoire | | $5.95 | |
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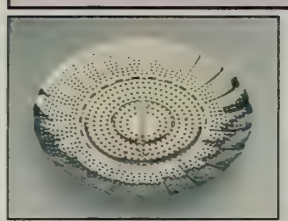
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## 12 Twenty-Minute Dinners



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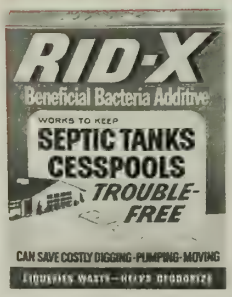
Building a fence can be more than just a means of gaining privacy and security. Like a well-made frame around a classical painting, a fence can both complement and enhance the beauty within its confines. In this case, the beauty within includes a neo-Georgian house on a 60-foot square lot, with flower gardens bordering the property on four sides.

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As a base, Jim built a low cement-block retaining wall that prevents erosion of the garden's soil. He covered the block with brick veneer. The cores of the fence posts are 2-inch-diameter steel pipes, set into the cement blocks; Jim bolted 2×4s to two sides of each pipe and boxed those in with clear redwood boards mitered together at the edges. He meticulously routed the decorative grooves in the posts before painting. The pickets are alternately 36 inches and 24 inches tall. Pickets and railings are also clear redwood, allowing a very smooth finish. BH&G

Field editor: Patricia Carpenter


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# BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

**CLASSIC COUNTRY ARMOIRE**

**Page 82: Surface-mounted cupboard lock,** D1407, $3.95 each plus $2.50 handling charge per order—Woodworkers Store 1988 Catalog, 2180 Industrial Boulevard, Rogers, MN 55374.

**TWO WAYS TO UPDATE**
**A TIRED TRACT HOUSE: REDECORATE IT**
**White Paint and Country Accents Do the Trick**




**SPRUCE-UP ALMANAC**

**Page 22 (*top left*): Screen installation tool**—Elger Products, Incorporated, P.O. Box 22348, Cleveland, OH 44122. **(*Top right*): Jigsaw**—Black and Decker (U.S.) Incorporated, 10 N. Park Drive, P.O. Box 798, Hunt Valley, MD 21030. **Hedge trimmer**—Makita USA, Incorporated, 12950 E. Alondra Boulevard, Cerritos, CA 90701. **Twist drill**—Skil Corporation, 4300 W. Peterson Avenue, Chicago, IL 60646. **(*Bottom left*): Push mower**—American Lawn Mower Co., Great States Corporation, P.O. Box 369, Shelbyville, IN 46176. **(*Bottom right*): Hose mender repair kit**—Gilmour Mfg. Co., Customer Service, P.O. Box 838, Somerset, PA 15501. **Page 24 (*top left*): Gloves,** Armordillo—Golden Needles Knitting and Glove Co., Incorporated, P.O. Box 803, Golden Needles Street, Wilkesboro, NC 28697. **(*Bottom right*): Plaster wall anchors, drywall anchors**—Toggler Anchors System, Div. of Mechanical Plastics Corporation, P.O. Box 328, Castleton Street, Pleasantville, NY 10570.

**Page 86: Table saw**—Sears, Roebuck & Company, Sears Tower, Chicago, IL 60684.

**TWO WAYS TO UPDATE**
**A TIRED TRACT HOUSE: REMODEL IT**

**Page 114 (*bottom right*): Fireplace tile** — Tileworks, 500 NW. 23rd, Ave., Portland, OR 97210. **Page 117 (*top right*): Track lights**—Lightolier, Incorporated, 346 Claremont Avenue, Jersey City, NJ 07305. **(*Center*): Rug**—Karastan, 919 Third Avenue, New York, NY 10001.

**Page 118 (*bottom*): Sink**—Kohler Co., 44 Highland Drive, Kohler, WI 53044. **Tile**—Latco Products, 3371 Glendale Boulevard, Los Angeles, CA 90039. **Windows**—Pozzi Window Company, P.O. Box 5249, 62845 Boyd Acres Road, Bend, OR 97708. **Bar stools**—Lowenstein/Oggo, 1801 N. Andrews Ave. Extension, P.O. Box 10369, Pompano Beach, FL 33061-6369. **Appliances**—General Electric, Appliance Park, Louisville, KY 40225.

**Page 121: Windows**—Pozzi Window Co., P.O. Box 5249, 62845 Boyd Acres Rd., Bend OR 97708.

**Page 122 (*bottom left*): Coffee table**—Brandt Cabinet Works, 12300 Edison Way, Garden Grove, CA 92641. **Sofa, chairs**—Della Robbia, 23402 S. Pointe Dr., Laguna Hills, CA 92653. **Sofa, chair fabric,** Ralph Lauren Home Collection "Oxford Club Stripe"—Ralph Lauren, Stevens Tower, 1185 Avenue of the Americas, 9th Fl., New York, NY 10036.

**Page 123: Wall covering,** Marimekko 3 Collection "Plan"—Motif Designs, 20 Jones Street, New Rochelle, NY 10801.

**Page 127: Desk lamp**—Luxo Lamp Corporation, 36 Midland Avenue, Port Chester, NY 10573. **Floor lamp**—Koch & Lowy Incorporated, 21-24 39th Avenue, Long Island City, NY 11101. **Window treatment**—Levolor Lorentzen Incorporated, 1 Upper

Pond Road Parsippany, NJ 07054.
**Pages 128–129: Bed,** Ralph Lauren Home Collection—Ralph Lauren, Stevens Tower, 1185 Ave. of the Americas, 9th Flr., New York, NY 10036. **Bed linens**—Paper White Ltd., Box 956, Fairfax, CA 94930. **Lamps**—Luxo Lamp Corporation, 36 Midland Avenue, Port Chester, NY 10573.

**12 TWENTY-MINUTE DINNERS**
**So Quick To Fix; Then Relax and Enjoy**
**Page 130 (*top*): Plate,** "Florida"—Rosenthal/Thomas by Lauffer, Belmont Dr., Somerset, NJ 43130. **(*Bottom*): Plate,** "Enchantment"—Royal Doulton USA Incorporated, 700 Cottontail Lane, Somerset, NJ 08873. **Silverware,** "Golden Kingswood"—Oneida Limited, Oneida, NY 13421.
**Page 133: Plate, cup, saucer,** "Harvest Bouquet"—Anchor Hocking Glass Corporation, Fifth and Pierce Streets, Lancaster, OH 43130. **Spoon,** "Alouette"—Oneida Limited, Oneida, NY 13421.
**Page 134 (*top*): Plate,** "Smoke Grey"—Franciscan Ceramic Tile, 2901 Los Feliz Boulevard, Los Angeles, CA 90039. **Fork,** "Feeling"—Regent Sheffield, Post Office Box 219, Farmingdale, NY 11735. **(*Center*): Plate,** "Grey Pearl"—Block China Corporation, 11 East 26th Street, New York, NY 10010. **Glass,** "Terrace"—Anchor Hocking Glass Corporation, Fifth and Pierce Streets, Lancaster, OH 43130. **(*Bottom*): Pan**—Schiller & Asmus, Incorporated, 1525 Merchandise Mart, Chicago, IL 60654.
**Page 135: Plate,** "Pastel Colonade"—Fitz & Floyd, Post Office Box 815367, Dallas, TX 75381-5367. **Glass,** "Toast Tulip"—Colony, 225 Fifth Avenue, Room 1000, New York, NY 10010. **Silverware,** "Golden Kingswood"—Oneida Limited, Oneida, NY 13421.
**Page 136: Glasses,** Guzzini—Global Distributors, 8380 Miramar Road, San Diego, CA 92126. **Plates,** "Simple Pleasures"—Hammerplast, 305 Industrial Avenue, Port Gibson, MS 39150.

**PRIZE TESTED RECIPES®**
**Refreshing Beverages**
**Ground Meat Main Dishes**
**Page 163 (*left*): Baking dish,** Pyrex—Corning Glass Works, Corning, NY 14830. **Basket**—Rosenthal Netter, Inc., 2750 North Broad Street, Philadelphia, PA 19132. **(*Right*): Glasses**—Rosenthal/Thomas by Lauffer, Belmont Drive, Somerset, NJ 08873.
**Page 164 (*left*): Pitcher**—Neiman Marcus, Post Office Box 2968, Dallas, TX 75221. **(*Right*): Plate,** "Napoli"—Rosenthal/Thomas by Lauffer, Belmont Drive, Somerset, NJ 08873.

**MAY FLOWERS**
**Page 174: Tablecloth fabric,** "Northwoods"—Norden Crafts, P.O. Box 1, Glenview, IL 60025. **Embroidery floss**—DMC, 107 Trumbull Street, Elizabeth, NJ 07208. **Drapery fabric,** Gear, Inc., "Arbor Stripe"—Cohama-Riverdale Decorative Fabrics, 200 Madison Avenue, New York, NY 10016. **(*Top to bottom*): Wallpapers,** "Rose Clover," "Country Garland," "Cabana"—Imperial Wallcoverings for Gear, Inc., 23645 Mercantile Road, Cleveland, OH 44122. **Fabric for cross-stitch,** "Wild West"—Wichelt Imports, P.O. Box 139, Stoddard, WI 54658.





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2. Open to residents of continental U.S. ALL ENTRANTS MUST BE 21 YEARS OF AGE OR OLDER AS OF 4/1/88. Employees and their immediate families of Liggett Group Inc., its subsidiaries, affiliates, divisions, and agencies, are ineligible. Void where prohibited, taxed, licensed, regulated or otherwise restricted by law.
3. Winners will be selected in a random drawing on or about September 15, 1988, from among all entries received by an independent judging organization whose decisions are final. Odds of winning depend upon total number of entries received.
4. **Prizes:** One (1) Grand Prize: 7-day/6-night trip for two to Beverly Hills, CA, including a VIP tour of NBC, plus transportation, hotel and meals. An appearance in one episode of Santa Barbara to be filmed in winner's hometown. Ten (10) First Prizes: 4-day/3-night trip for two to Beverly Hills, CA., including transportation, hotel and meals, one day on the set of Santa Barbara, and an appearance in one episode. 50 Second Prizes: 5-piece Jordache luggage set. 100 Third Prizes: Pupa Genesis make-up kit. 1,000 Fourth Prizes: Santa Bearbara® Bear courtesy of New World Television. Scheduling of Grand Prize and First Prize trips at the sole discretion of New World Television.
5. Winners will be notified by mail and may be required to complete an Affidavit of Eligibility and Release allowing sponsor to use winners' names and pictures for publicity of the promotion. Prize winners must respond within 30 days of notification or prize will be forfeited. Only Grand Prize will be re-awarded. Santa Barbara™ is the registered trademark of New World Television. Taxes are winners' responsibility. One prize per household. No prize transfers or substitutions. For list of major prize winners, send stamped, self-addressed envelope to: EVE-SANTA BARBARA SWEEPSTAKES, P.O. Box 1514, Hicksville, NY 11802.

**OFFICIAL ENTRY FORM**

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(Hand Print)
Name _____
Address _____
City _____ State _____ Zip _____
Daytime phone ( ) _____
Current brand _____ Age _____
Circle number of cigarettes smoked each day 10 20 30
Fill in and mail to: EVE-SANTA BARBARA SWEEPSTAKES
P.O. BOX 1501
HICKSVILLE, NY 11802
A1



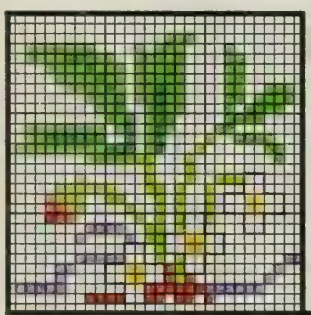
# MAY FLOWERS

## Repeat Designs Blossom in Cross-Stitch

By Jim Williams and Jilann Severson

Nine separate designs bloom on our May Flowers sampler to create a cross-stitch garden of delight. Cluster the motifs as shown or sprinkle them across a variety of fresh-as-spring projects. Use our full-color charts and DMC floss for easy stitching.

### ■ MAY FLOWER CROSS-STITCH GUIDE ■

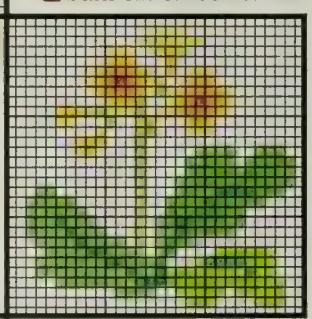


**Strawberry**

- White
- Dark Terra-Cotta 355
- Pale Avocado Green 471
- Medium Violet 553
- Dark Parrot Green 905
- Light Parrot Green 907
- Deep Canary 972
- Dark Hunter Green 3345
- Dark Christmas Red 498

**Primrose**

- Pale Avocado Green 471
- Dark Bittersweet 720
- Medium Bittersweet 722
- Pale Yellow 744
- Dark Parrot Green 905
- Deep Canary 972
- Dark Hunter Green 3345
- Light Parrot Green 907





**Lily-of-the-Valley**

- White
- Pale Avocado Green 471
- Dark Parrot Green 905
- Light Parrot Green 907
- Dark Hunter Green 3345

**BUYING INFORMATION, PAGE 172.**

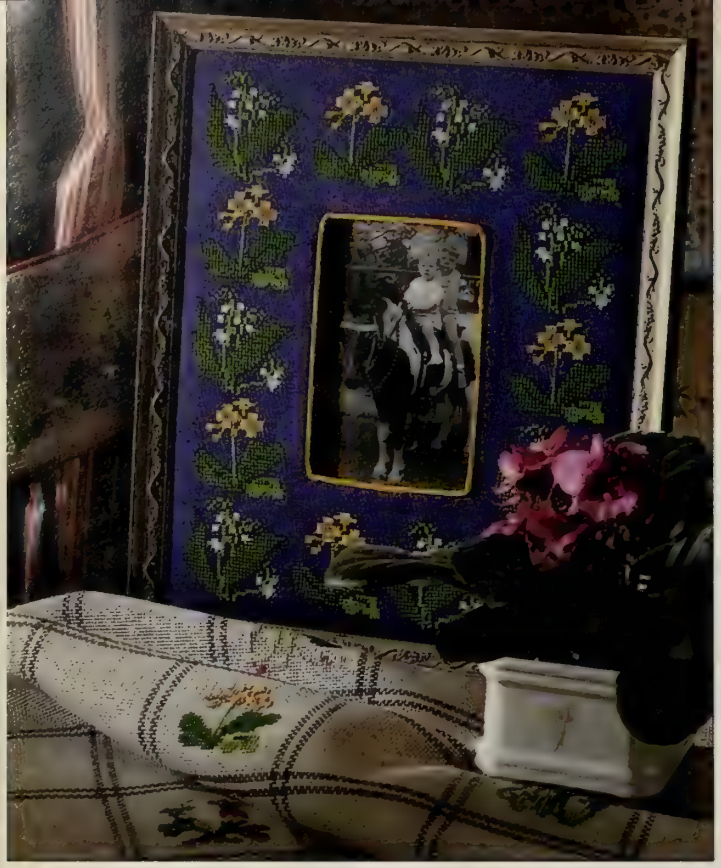
**To order May Flowers kit or patterns, see page 168.**

PHOTOGRAPHS: PERRY STRUSE. DESIGNS: JIM WILLIAMS




**May Flowers Projects**

Wildflowers sprout on a sampler, curtain tiebacks, and tablecloth. Stitch any combination of designs to create the projects shown here, or pick just your favorites and make something all your own.



### Lily-of-the-Valley and Primrose Frame

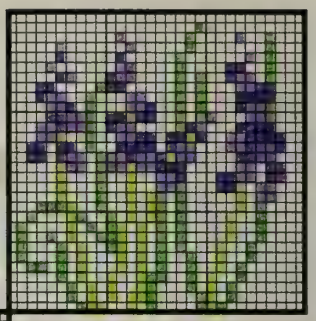
Two flowers alternate around the edge of this pretty linen frame. Adjust the size of the frame by changing the number of motifs.

### Spring Flower Towels

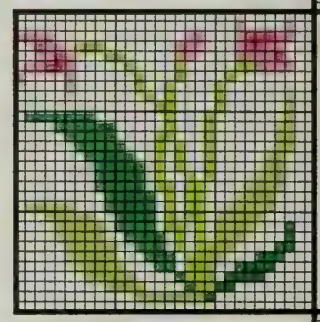
Rows of flowers border terry and linen towels with even-weave bands. Center your first design and work toward sides using whatever blossoms strike your fancy.



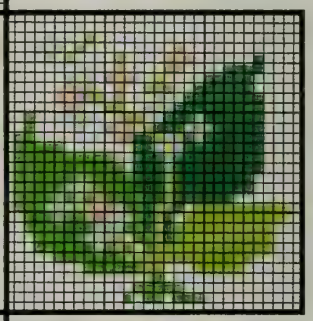
# MAY FLOWERS



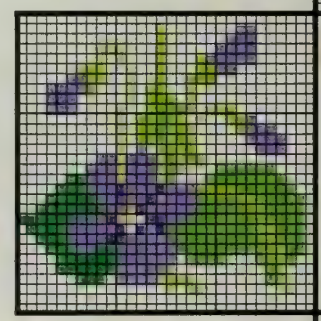
**Grape Hyacinth**
- Deep Violet 550
- Medium Violet 553
- Dark Parrot Green 905
- Light Parrot Green 907



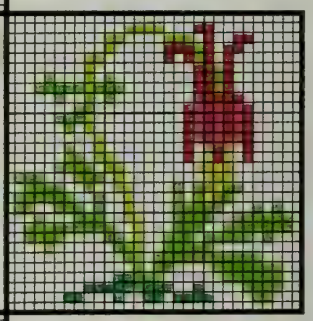
**Scilla**
- Deep Rose 309
- Pale Avocado Green 471
- Light Parrot Green 907
- Light Rose 3326
- Dark Hunter Green 3345



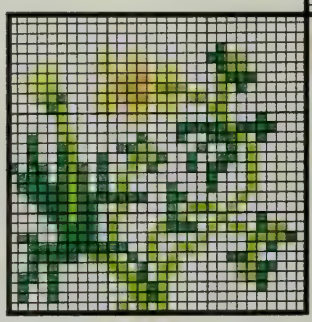
**Forget-Me-Not**
- Pale Avocado Green 471
- Sky Blue 519
- Pale Yellow 744
- Dark Parrot Green 905
- Light Parrot Green 907
- Light Rose 3326
- Dark Hunter Green 3345



**Violet**
- White
- Pale Avocado Green 471
- Deep Violet 550
- Medium Violet 553
- Dark Parrot Green 905
- Light Parrot Green 907
- Deep Canary 972
- Dark Hunter Green 3345



**Columbine**
- Deep Rose 309
- Pale Avocado Green 471
- Dark Christmas Red 498
- Light Parrot Green 907
- Deep Canary 972
- Dark Hunter Green 3345
- Dark Parrot Green 905



**Buttercup**
- Pale Avocado Green 471
- Medium Bittersweet 722
- Pale Yellow 744
- Light Parrot Green 907
- Deep Canary 972
- Dark Hunter Green 3345

**INSTRUCTIONS BEGIN ON PAGE 178.**



**Easy Stitching Grid**

For quicker stitching of the sampler, divide the fabric into 30-stitch squares with basting thread. Then stitch one motif in each square using our full-color charts and DMC floss.

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& WINDOW CORPORATION
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## MAY FLOWERS

*continued from page 177.*

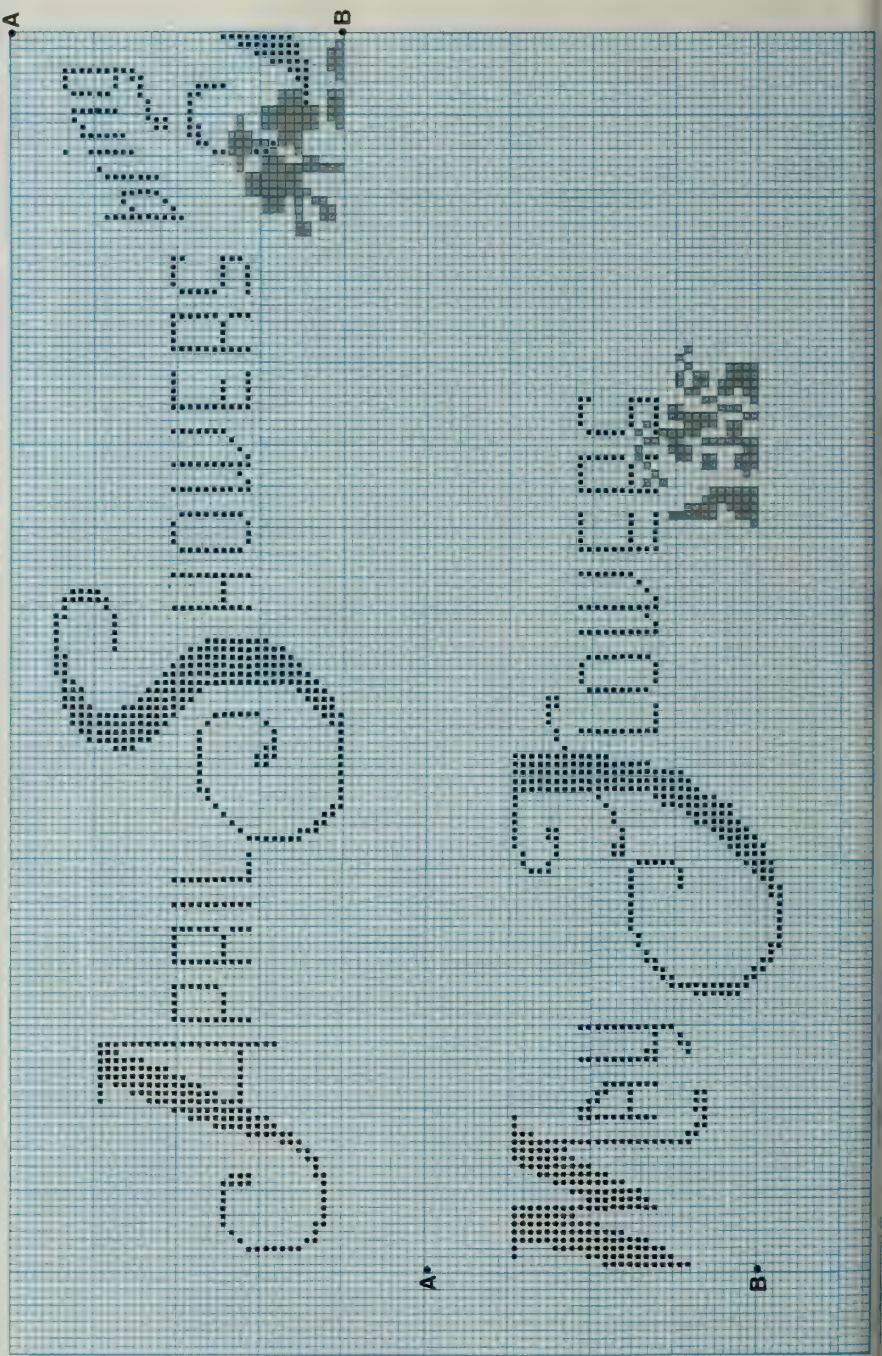
### MAY FLOWERS SAMPLER, page 175

**To order sampler chart and kit, see page 168.**

**Materials:** 24×30-in. piece Wild West 18-count even-weave fabric; white basting thread; 1 skein DMC floss in the following colors: pale yellow No. 744, deep canary No. 972, dark bittersweet No. 720, medium bittersweet No. 722, deep violet No. 550, white, dark terra-cotta No. 355, deep rose No. 309, sky blue No. 519, light rose No. 3326; 2 skeins DMC floss in the following colors: dark Christmas red No. 498, pale avocado green No. 471; medium violet No. 553; 3 skeins DMC floss in the following colors: light parrot green No. 907, dark hunter green No. 3345; 6 skeins DMC floss in dark parrot green No. 905; tapestry needles; graph paper.

**Instructions:** Approximate size of stitching area, 19×14 in. *Note:* Each

*continued on page 180.*

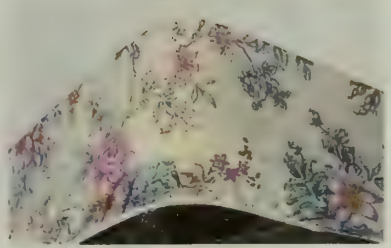




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*continued from page 178.*

motif is worked within a 30×30-stitch grid that is outlined with basting stitches. All stitching is done using 3 strands of floss over 1 square.

Find center of fabric and center of placement grid (*page 182*); begin basting here. Using placement grid as pattern, baste guidelines using white thread, making sure each grid is a 30×30-stitch square. See the color photograph on *page 177* for detail.

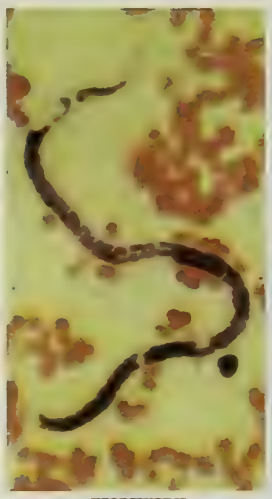
Cross-stitch the flower motifs, as shown on *pages 174* and *176*, within basted areas, matching centers and using placement grid (see drawing on *page 182*) as a guide.

When stitching is complete, remove all basting threads.

Chart "April Showers Bring May Flowers" title (*page 178*) onto graph paper, matching points A and B so title is one continuous line. Cross-stitch title onto sampler with dark Christmas red No. 498, matching shaded areas to appropriate flowers on sampler. See photograph on *page 175* for detail.

Frame sampler as desired.


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## MAY FLOWERS TABLECLOTH, page 175

**To order flower charts, see page 168.**

**Materials:** 14-count Northwoods even-weave fabric by Norden Crafts in desired size; DMC floss in desired colors.

**Instructions:** *Note:* Any combination of motifs may be used. All cross-stitching is 3 strands over 1 square.

Hem edges of tablecloth. Mark random blocks for placement of motifs; determine which motifs will be stitched within these blocks.

Cross-stitch motifs in marked blocks, matching centers. If necessary, backstitch around light-colored flowers with single strand black floss so they are more visible.

*Note:* If desired, reverse direction of motifs at center of tablecloth so designs are right side up from both edges.

## LILY-OF-THE-VALLEY AND PRIMROSE FRAME, page 176

**To order frame chart, see page 168.**

**Materials:** 16×18-in. piece purple linen; 16×18-in. piece 12-count waste canvas; DMC floss in the following colors: white, pale avocado green No. 471, dark parrot green No. 905, light parrot green No. 907, dark hunter green No. 3345, dark bittersweet No. 720, medium bittersweet No. 722, pale yellow No. 744, deep canary No. 972; 16×18-in. piece fleece; 16×18-in. piece backing fabric; ⅝ yd. piping; water -erasable marker.

**Instructions:** Finished size will be approximately 11×13 in.

*Note:* Size of frame and opening may be adjusted by changing number of motifs. Any combination may be used.

With water-erasable marker, draw 4×6-in. rectangle in center of linen for picture opening and 11×13 outer-edge marking.

Baste waste canvas to linen. Beginning in upper-left corner and using marked lines as guides, divide canvas into 30-stitch-square blocks with 4 equidistant blocks across the top and bottom and 5 blocks down each side. *Note:* Leave ½ in. fabric between inner edge and stitching, and between outer edge and stitching. See the color photograph on *page 176* for detail.

*continued on page 182.*

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*continued from page 180.*

Mark center of each block and center of motifs; begin stitching here. Cross-stitch all designs using 3 strands floss over 1 square.

***Assembly:*** Line back of frame with fleece. Sew piping to inside opening along marked line, right sides together.

With right sides together, sew backing to frame along piping line. Trim linen, backing, and fleece to fit seam line of inner square. Clip inside corners for smooth finish.

Press backing away from piping. Understitch through seam allowances, backing, and fleece, stitching as close to piping as possible. Press backing to back. Baste outer edges along seam line, stitching through all layers.

Frame as desired.

## SPRING FLOWERS TOWELS, page 176

**To order flower charts, see page 168.**

**Materials:** Purchased towels with even-weave inserts or bands (available at needlework stores); DMC floss in desired colors; tapestry needle.

**Instructions:** *Note:* Any combination of motifs may be used. All stitching is 3 strands over 1 square.

Mark center of band. Determine number of 30-stitch-square motifs that will fit onto band and necessary spacing between motifs. Mark centers for placement of each motif.

Cross-stitch motifs, starting at center of pattern and marked center.

## CURTAIN TIEBACKS, page 174

**To order flower charts, see page 168.**

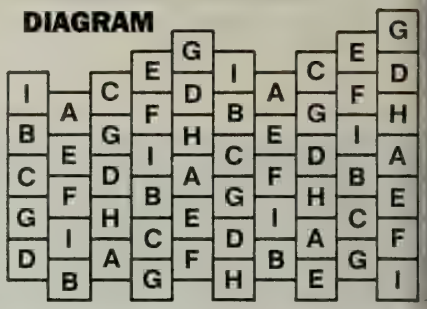
**Materials:** (for 1 pair) 29×16-in. piece Wild West 18-count even-weave fabric; ½ yd. backing fabric; ½ yd. fleece; 1¼ yd. piping; four ½-in.-diameter plastic curtain rings; DMC floss in desired colors; water-erasable marker.

**Instructions:** Finished size, approximately 23×5 in.

*Note:* Any combination of motifs may be used. All stitching is done with 3 strands over 2 squares.

Cut linen in half crosswise. Mark center of each strip; divide fabric into three 60-stitch-square blocks on each side of center. Mark center of each block and motif.

### SAMPLER ASSEMBLY DIAGRAM




A = Buttercup
B = Columbine
C = Forget-Me-Not
D = Grape Hyacinth
E = Lily-of-the-Valley
F = Scilla
G = Primrose
H = Strawberry
I = Violet

With centers matching, cross-stitch your chosen motif in each block.

***Assembly:*** With water-erasable marker, draw outer edges 1 in. beyond edge of stitched designs; trim away excess. Cut fleece and backing to fit linen.

Baste fleece to wrong side of linen. With right sides together and outer edges aligned, sew piping to linen.

With right sides together, sew backing to linen along piping line; leave opening for turning. Turn to right side; slip-stitch opening closed.

Tack ring to each end of tieback.

## FRAMING TIPS

Large samplers are best displayed in frames. Covering a sampler with glass is optional, but glass should be held away from fabric with spacers (such as mat board) to prevent any rotting from contact with moisture.

To mount a stitchery for framing, cut a piece of ⅛- to ¼-in.-thick mounting board to desired size. Pad front of board with a layer of quilt batting. Wrap stitchery around board; insert pins temporarily into the edges of board, starting at centers of each side and working out to corners.

Check that grain of fabric runs parallel to the board. Adjust if necessary.

With piece facedown, fold excess fabric to wrong side; trim, miter corners, and glue. Remove pins.

Secure board in frame. Finish by gluing brown paper to back of frame. Run white glue around outer edge of frame back. Mist paper and press on top. Allow paper to dry and tighten; trim excess. Attach wire for hanging.




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# TAPESTRY'S COMEBACK

## STYLE RICH WITH TRADITION

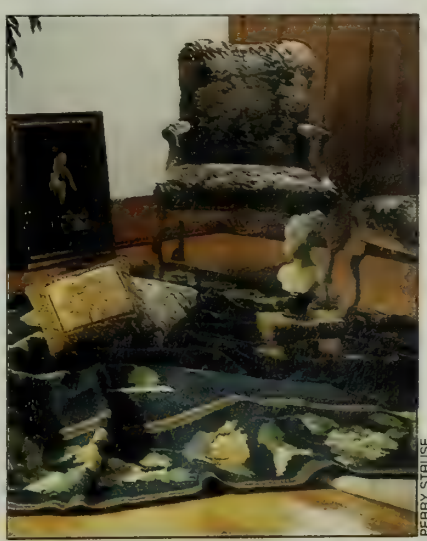
**Richly colored and touchably textured, tapestries are elegantly weaving their way back into today's homes. Here's a sampling of new products to tie into your schemes.**

### Stitches in time

For centuries, homeowners have been dressing up their dwellings with artful textiles woven of richly hued threads. Once a sure sign of wealth, tapestries flourished in Victorian times, when mechanization and popular taste introduced the pictorial fabrics to the masses.

### Fashionable threads

Today the jewel-tone textiles are back in vogue. Whether you savor a strong flavor of Victorian elegance or prefer dashes of the style blended with other design tastes, tapestries add instant charm to a setting. You don't need much to mix; one richly curved and colored tapestry chair can provide a warm counterpoint to an otherwise contemporary setting.



PERRY STRUSE

**NEWS ABOUT HUES.** Tapestries are hot items in home fashions, and new products make it easy to bring them home.

New products with old-world flair make it easy to bring the sumptuous stitchery home. Here, a chair and ottoman from *Thomasville* sit pretty alongside French reproduction pillows from *Rue de France,* a mail-order firm in Newport, Rhode Island. Underscoring the setting is a handcrafted rug from *Schumacher*'s "Needlepoint" collection. Look for other tapestry products from such manufacturers as *Drexel Heritage, Century, Maitland Smith,* and *Old World Weavers.* BH&G




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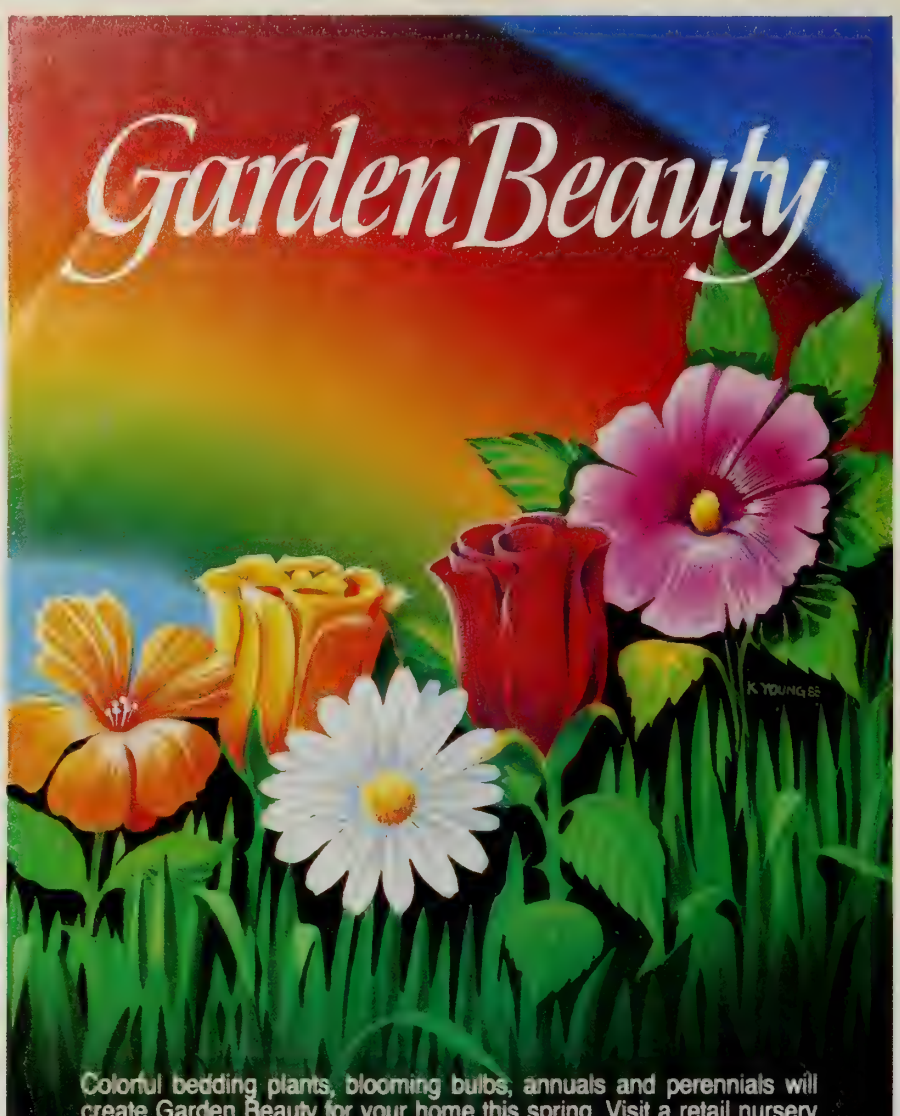



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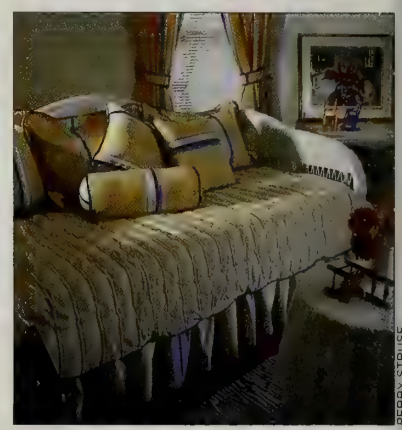
**Finishing your attic may yield just the light, lofty living space you've wished for. To see if your attic can be converted, check these guidelines:**

- *Rafter construction.* You need an attic framed with rafters and joists. Roof trusses prohibit conversion.
- *Access.* You need a 3×10-foot space from the floor below to install a standard staircase to the attic, or a 5½-foot square for a spiral staircase. There should be at least 78 inches of headroom from steps to ceiling.
- *Ceiling height.* Eight feet from floor to roof ridge is minimum.
- *Width.* You need at least 12 feet between walls, unless you add dormers or raise a side of the roof.
- *Joists.* If floor joists are smaller than 2×6s, you must beef up support for the attic floor.

DECORATING

# DAYBEDS AND DRESSINGS

## A DYNAMIC DESIGN DUO


PERRY STRUSE

**New ready-to-wear daybed dressings make decorating easy.**

**The popularity of daybeds has reached a new high, and now manufacturers are rising to the challenge of covering them in style.**

### THE DAYBED

Looking for a way to squeeze comfort, convenience, and style into a family room, guest room, even the home library? The daybed could be the right answer for you. Equipped with sturdy springs that cradle a twin-size mattress, today's daybeds serve the dual needs of curl-up seating and stretch-out sleeping. This double-duty piece—offered in styles ranging from romantic wicker to classical brass—is settling into multipurpose rooms as an alternative to the sleeper sofa.

### THE DRESSINGS

Ready-to-wear wardrobes of daybed dressings make decorating a snap. Both linen and daybed manufacturers are now designing complete daybed outfits that include comforters, four-sided dust ruffles, pillow shams, accessory pillows, and window coverings. The *Dresher* wicker daybed (available from *Sears*) (*above*) is wearing the "Rothschild" ensemble, designed by Bill Blass for *Springmaid*. Look for other daybed sets from such makers as Dresher, Wamsutta, J.P. Stevens, and Burlington House.


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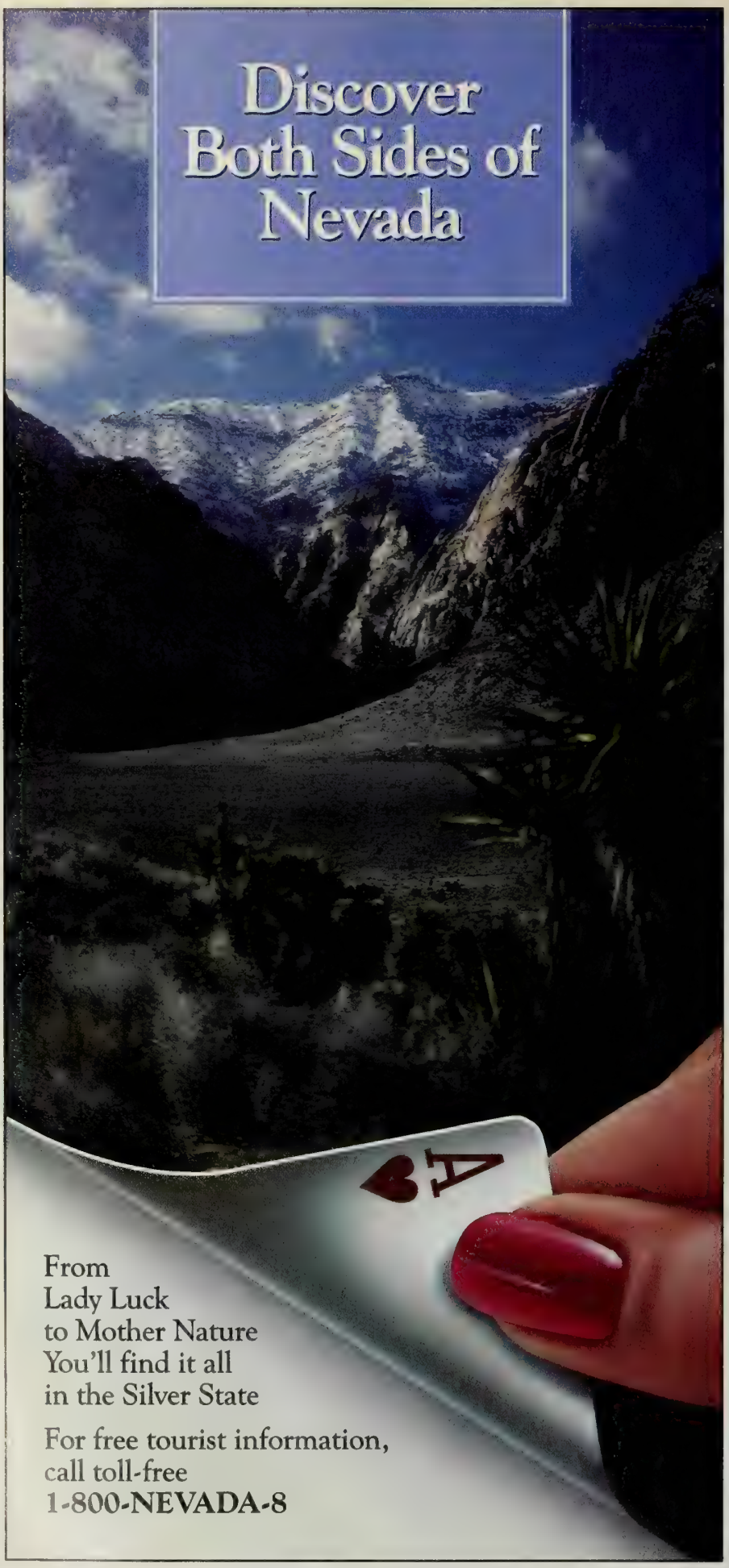
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# ROAD TRIPS IN MONTANA AND WYOMING

*This article continues the "Destination U.S.A.: Low-Cost Family Vacations" feature that begins on page 188.*

**Plan a driving vacation along two of our country's most spectacular—and least known—highways. Mysterious canyons, summer snowfields, alpine lakes, and tumbling trout streams are just some of the sights you'll see.**

## The 'Beartooth Highway'

Link up with US-212 at Red Lodge, Montana (a budding ski resort with bargain summer lodging rates). As the road rises on its drastic hairpins from timber to wide-open tundra, snow clings to the precipices all around. In fact, the U.S. Ski Team has trained on these year-round snowfields.

## The 'Sunlight Basin Road'

Wyoming 296 meets up with the Beartooth Highway near Yellowstone National Park's northeast entrance. Of the road's 47 miles, 23 are unpaved but well graded. Winding through the dramatic forests and mountains within the Sunlight Wilderness, the highway comes upon a 250-foot rock cleft of Clark's Fork Canyon. The bridge you'll cross hangs so high that walkways have been constructed to allow vacationers to look down into the gorge. A National Forest campground sits next to the bridge. Nearby, a road leads down to an idyllic picnic spot at the canyon bottom.

**Information:** ***Red Lodge Area Chamber of Commerce, Box 988, Dept. BHG, Red Lodge, MT 59068 (406/446-1718); Cody Country Chamber of Commerce, Box 2777, Dept. BHG, Cody, WY 82414 (307/587-2297).*** BH&G

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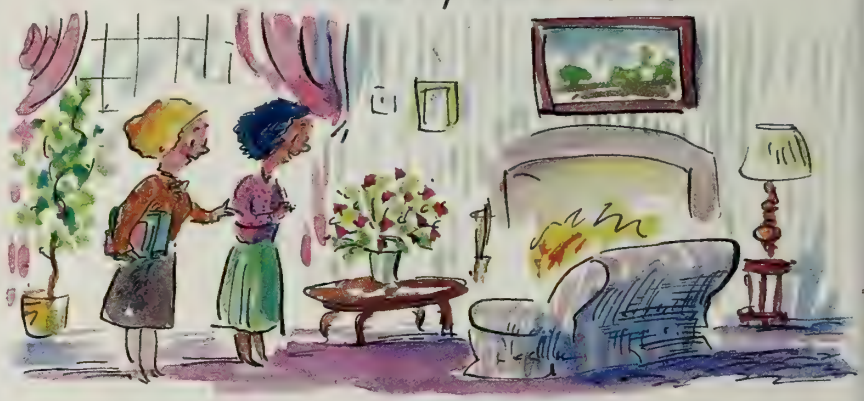
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# HIRING AN INTERIOR DESIGNER

## WHAT TO KNOW; WHAT TO ASK



STEVE BJORKMAN

A professional designer could be your ticket to a beautiful room.

**You crave contemporary but your spouse touts traditional? Or, worse yet, you don't know what you like? Seek professional design help.**

### How do I find the right designer?

- **Friends** are a wonderful source, because you can see the result of a designer's work.
- **Trade organizations,** such as The American Society of Interior Designers (ASID), make it their business to know local professionals.
- **Design matchmaking services** are springing up around the country. These agencies match interior designers with clients according to budget and style needs. Decorator Previews, the largest of the organizations, has offices in many major cities, including New York, Chicago, and San Francisco.
- **Furniture stores** often have "in-house" designers. Usually, these designers are limited to selling you furniture from their stores only.

### How do we get started?

Interview at least three designers. Evaluate their portfolios and their compatibility with you. You might ask:

- **What is your education and experience?** A degree in design and years of experience should perk up your ears. An "ASID" behind the name means the designer has passed tough tests, but don't overlook natural flair.
- **Can you help us remodel?** Some designers can handle bathrooms and kitchens, as well as structural changes. However, in certain states, it is illegal for a designer to hire a contractor for you. Check your state's contractor's association to learn what laws apply.
- **Is our budget realistic?** Budget limitations can stifle designers, but creativity makes compromises unnecessary. If you have "champagne taste and a beer budget," ask the designer if the job can be done in phases.

### How are designers paid?

Fee structures for interior design services vary. Here are some types:

- **Straight retail** is common. A designer buys a piece at wholesale cost—half of retail—and takes his or her fee from the difference between the two.
- **Cost plus markup** means you pay wholesale price plus a 15- to 30-percent markup.
- **Retail less a percentage** works from the higher price down. At "retail less 30 percent," an item that costs a designer $500 (or $1,000 retail) costs you $700.
- **Straight fee** is based on the number of hours a project will require.
- **Hourly rates** can vary from $35 to $125. Some designers charge an hourly rate to cover initial costs of consultations, drawings, and presentations.

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FOOD

# NO-COOK SUMMER DESSERTS

**Make and freeze these desserts ahead for an easy summer treat.**

## FROZEN APRICOT TORTE

- 1 frozen loaf pound cake
- 1 egg white
- 1 8¾-ounce can unpeeled apricot halves, drained
- ⅓ cup sugar
- 1 tablespoon lemon juice
- Few drops almond extract
- ½ cup whipping cream
- Sifted powdered sugar

Thaw cake. Meanwhile, in large mixer bowl beat egg white, apricots, ⅓ cup sugar, juice, and extract on low speed 2 minutes. Beat on high speed 8 to 10 minutes or till stiff peaks form.

Cut cake into 1-inch cubes. Beat the whipping cream till soft peaks form, fold into apricot mixture. Stir in cake cubes. Turn into an 8x4x2-inch loaf pan. Cover; freeze at least 6 hours.

To serve, let stand at room temperature 15 minutes. Unmold and sprinkle with powdered sugar. Serves 8 to 10.

***Nutrition information per serving:*** 291 cal., 3 g pro., 35 g carbo., 16 g fat, 73 mg chol., 54 mg sodium.



SCOTT LITTLE

**Cranberry Cream Freeze and slices of Frozen Apricot Torte.**

## CRANBERRY CREAM FREEZE

- ⅔ cup graham cracker crumbs
- 3 tablespoons margarine, melted
- 6 tablespoons sugar
- 1 8-ounce package cream cheese
- 1 pint vanilla ice cream
- 1 16-ounce can whole cranberry sauce

Combine crumbs, margarine, and *2 tablespoons* of the sugar; press onto bottom of 8-inch springform pan.

Beat remaining sugar and cream cheese till fluffy. Beat in ice cream, a tablespoon at a time. Pour over crust.

Drop cranberry sauce by spoonfuls onto ice-cream mixture. Cover; freeze at least 4 hours. Let stand 20 minutes before serving. Makes 8 servings.

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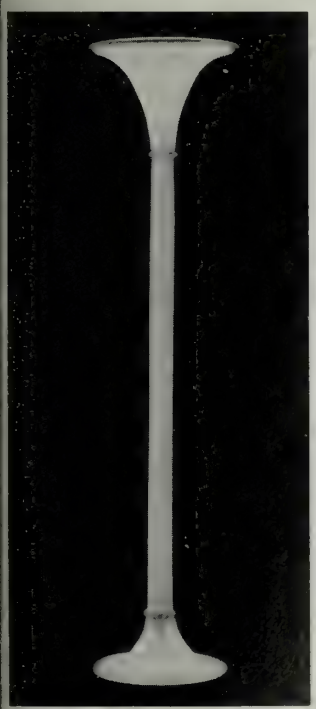
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FURNISHINGS

# CLASSIC FLOOR LAMPS STAND UP IN STYLE



The torchère.

**■ Some floor lamps—literally!—have stood up to the test of time. Two such designs, the torchère and the pharmacy lamp, combine great looks with practicality.**

### TORCHÈRE

One of the few tall lamp styles on the market now, the torchère bounces its light off the ceiling. This uplight gives a soft ambient glow, ideal for illuminating dark corners and for making ceilings appear higher.

Popular for its sleek look—a thin base with a flared torch-shape shade—the lamp's slimness makes it ideal for small spaces.

The more classic-looking torchères are crafted either of brass or of opalescent or Venetian glass. Contemporary lamps often feature glossy lacquer finishes over metal or painted finishes.

### PHARMACY LAMP

First developed for pharmacists during the 1920s, pharmacy lamps reemerged a few years ago for home use. Most popular now are the moderately priced, plated brass or chrome versions; more expensive all-brass models are also available.

Telescoping shafts on most pharmacy lamps allow for lowering or raising the light. On some lamps, a flexible arm lets the light swing out over a table. Because their shades, often adjustable, come in tent, shell, or parabolic shapes, pharmacy lamps best serve for specific task lighting. BH&G



The pharmacy lamp.




KISS YOUR SUGAR GOODBYE.

And say hello to Necta Sweet.® The no-calorie sweetener that can help put an end to your sugar craving.

Tiny Necta Sweet® tablets dissolve instantly in any hot or cold beverage. And no leading brand of sugar substitute, liquid, tablet or powder, costs less. So kiss your sugar goodbye and make Necta Sweet® a part of a sensible weight control program.

Your honey will love you for it.







# PIMIENTO BUTTER

## SPLENDID SPREAD FOR BREAD



SCOTT LITTLE

**Slather Spanish Pimiento Butter on warm slices of crusty bread and serve with olives and prosciutto.**

**Think of pimientos as more than an olive stuffing! Rely on the little jar of water-packed red peppers, used extensively in Spanish and Tex-Mex cooking, to flavor soft butter for a tasty bread spread.**

### SPANISH PIMIENTO BUTTER

*Serve along with other Spanish appetizers, called tapas—*

- **1 4-ounce jar pimiento pieces, drained**
- **1 tablespoon anchovy paste**
- **1 clove garlic, minced**
- **½ cup margarine *or* butter, softened**
- **French bread slices**

In a blender container or food processor bowl combine the drained pimientos, anchovy paste, and garlic. Cover and blend or process till smooth and pimientos are pureed. Stir mixture into margarine or butter. Spoon into a serving dish. Cover and chill till needed.

Let pimiento butter stand, covered, at room temperature about 30 minutes before serving to soften. Serve with thin slices of warm French bread. Makes about 1 cup.

***Nutrition information per tablespoon:*** *55 cal., 0 g pro., 0 g carbo., 6 g fat, 0 mg chol., 68 mg sodium, 12 mg potassium, and 0 g dietary fiber.*



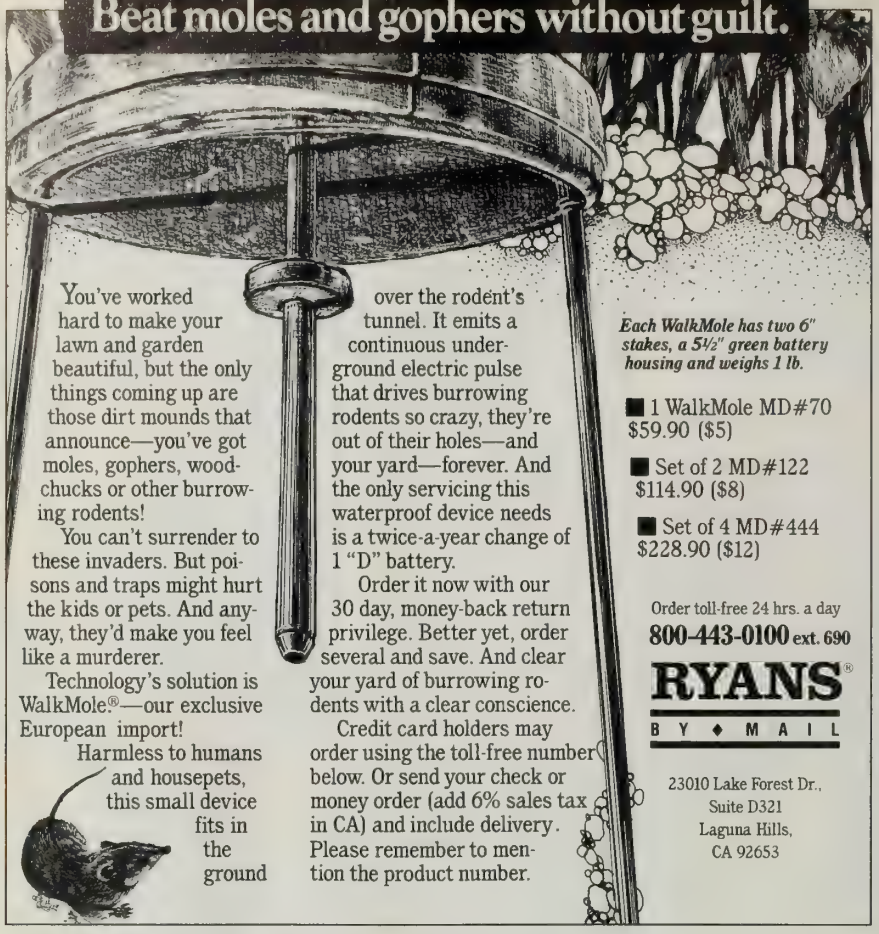

Pasta Saladventure Recipe: Surprising fare for a party of four. Cook a pound of multicolored, spiral-shaped fusilli. Arrange it on a bed of romaine lettuce, with a quarter-pound of salami cut into sticks. Add small zucchini and a yellow squash, sliced and steamed. Slice a small tomato and red onion. Cut yellow and red bell peppers into julienne strips. Garnish with black olives. Then crown it all with T. Marzetti's delicious Chunky Blue Cheese Dressing. Refrigerated fresh in your grocer's produce department.

For more exciting recipes and money-saving coupons, write to: T. Marzetti Company, Dept. P, Box 29300, Columbus, Ohio 43229.

T. MARZETTI'S SALAD IDEAS FROM THE PRODUCE DEPARTMENT

# SALADVENTURES℠

# Beat moles and gophers without guilt.



You've worked hard to make your lawn and garden beautiful, but the only things coming up are those dirt mounds that announce—you've got moles, gophers, woodchucks or other burrowing rodents!

You can't surrender to these invaders. But poisons and traps might hurt the kids or pets. And anyway, they'd make you feel like a murderer.

Technology's solution is WalkMole®—our exclusive European import!

Harmless to humans and housepets, this small device fits in the ground over the rodent's tunnel. It emits a continuous underground electric pulse that drives burrowing rodents so crazy, they're out of their holes—and your yard—forever. And the only servicing this waterproof device needs is a twice-a-year change of 1 "D" battery.

Order it now with our 30 day, money-back return privilege. Better yet, order several and save. And clear your yard of burrowing rodents with a clear conscience.

Credit card holders may order using the toll-free number below. Or send your check or money order (add 6% sales tax in CA) and include delivery. Please remember to mention the product number.

*Each WalkMole has two 6" stakes, a 5½" green battery housing and weighs 1 lb.*

■ 1 WalkMole MD#70 $59.90 ($5)

■ Set of 2 MD#122 $114.90 ($8)

■ Set of 4 MD#444 $228.90 ($12)

Order toll-free 24 hrs. a day

**800-443-0100 ext. 690**

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**BY ◆ MAIL**

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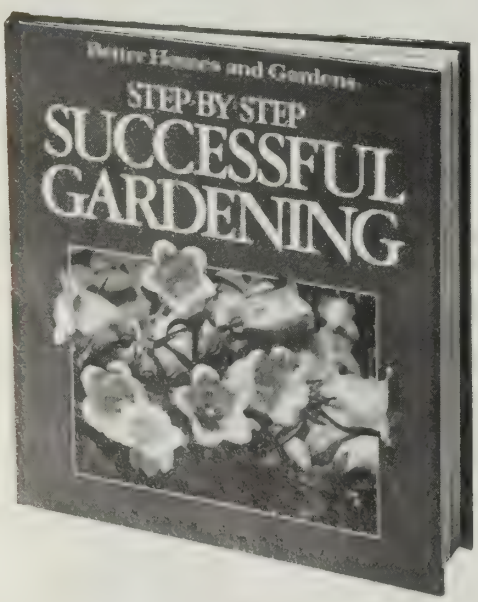


# Green at gardening? This book's for you.

For the beginning gardener, this is the most usable gardening book ever published.

Usable because we've replaced long sections of hard-to-follow text with over 450 easy to follow step-by-step photos. And all photographs were taken in home gardens like yours, not on manicured estates.

Usable because it covers all major plant groups including houseplants and indoor gardening.




Usable because each chapter concentrates on selecting, starting and maintaining a particular plant group — shrubs, trees, ground covers, lawns, roses, annuals, perennials, bulbs, vegetables, fruits, vines and houseplants.

Usable because it covers all the basics — soils, watering, fertilizing and all the other things you need to know if your garden is going to be a success.

If you're a beginning gardener (or an experienced one looking for new tips) this will be the best gardening book in your library.

Better Homes and Gardens BOOKS

WHEREVER BOOKS ARE SOLD




# AFFORDABLE LUXURY

## ADDING COUNTRY FRENCH FLAIR



LAURIE BLACK AND ROSLYN BANISH/ARX

**This bedroom benefits from the use of plain and fancy fabrics.**

**It's one thing to have fine taste, another to be able to afford it. Discover here how one clever designer solved the problem with mind-over-money ideas.**

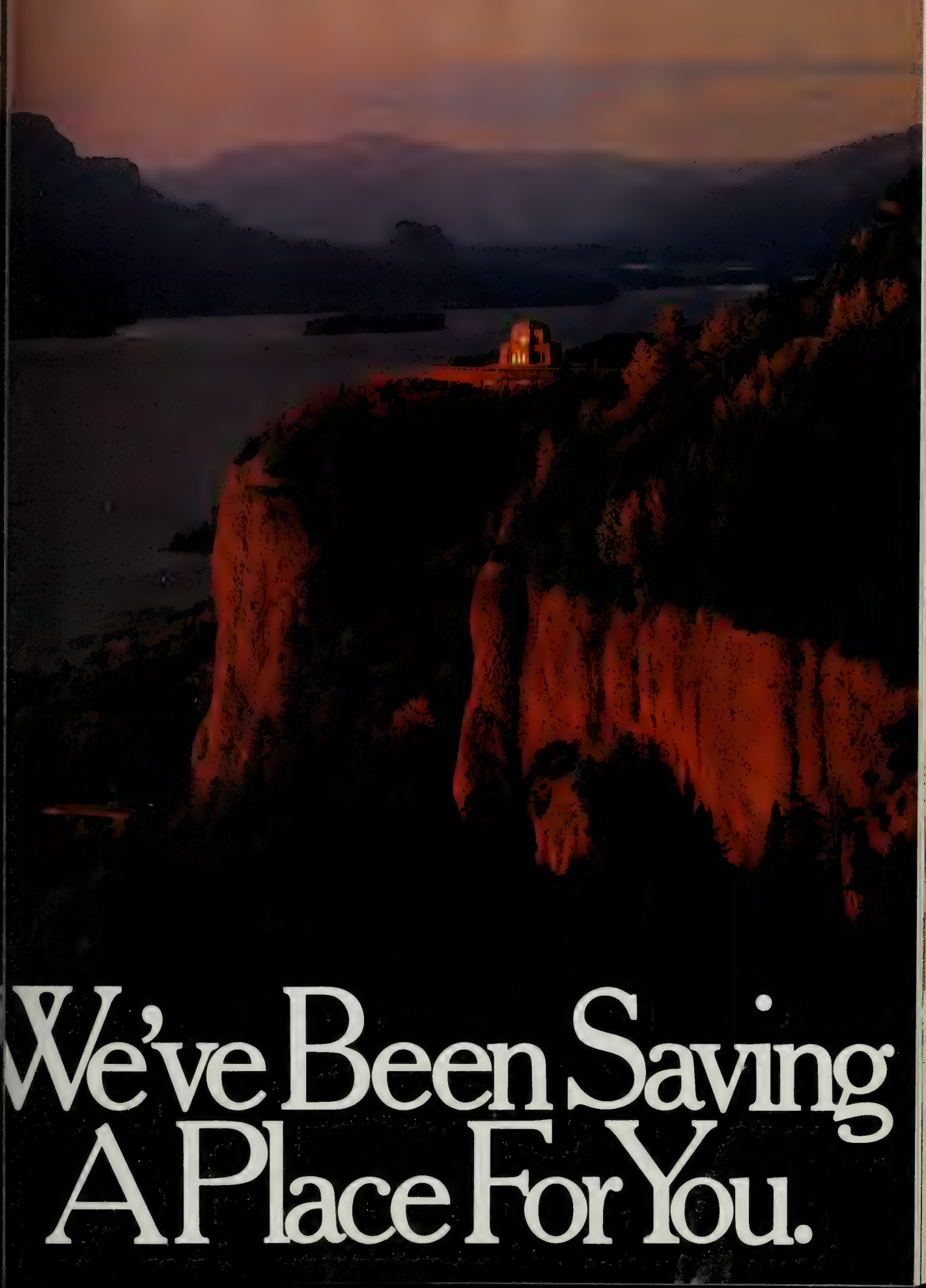
### Dollar-stretching decorating

Designer Myra Posert refused to let a limited budget stand in the way of decorative success. Here are the easy-to-adapt principles she relied on to give her tiny bedroom its sophisticated French country flair.

**● Where there's a window, there's a way.** Myra first set out to create a dressy window treatment at the head of the bed—without spending a fortune. To do this, she steered clear of costly drapery fabric and used sateen lining material (the kind used for dresses) instead. Shirred on a rod and given added fillip with floppy bows, the humble material now looks luxurious.

**● A little fabric goes a long way.** To indulge her fancy for French cotton, Myra purchased just a few yards of the expensive print fabrics. Then, proving how easy it is to create big effects with limited yardage, she used one of the prints to cover a plywood headboard to which she had stapled batting. A few more yards of coordinating fabric dress up pillows. BH&G

Design: Myra Posert. Field editor: Helen Heitkamp

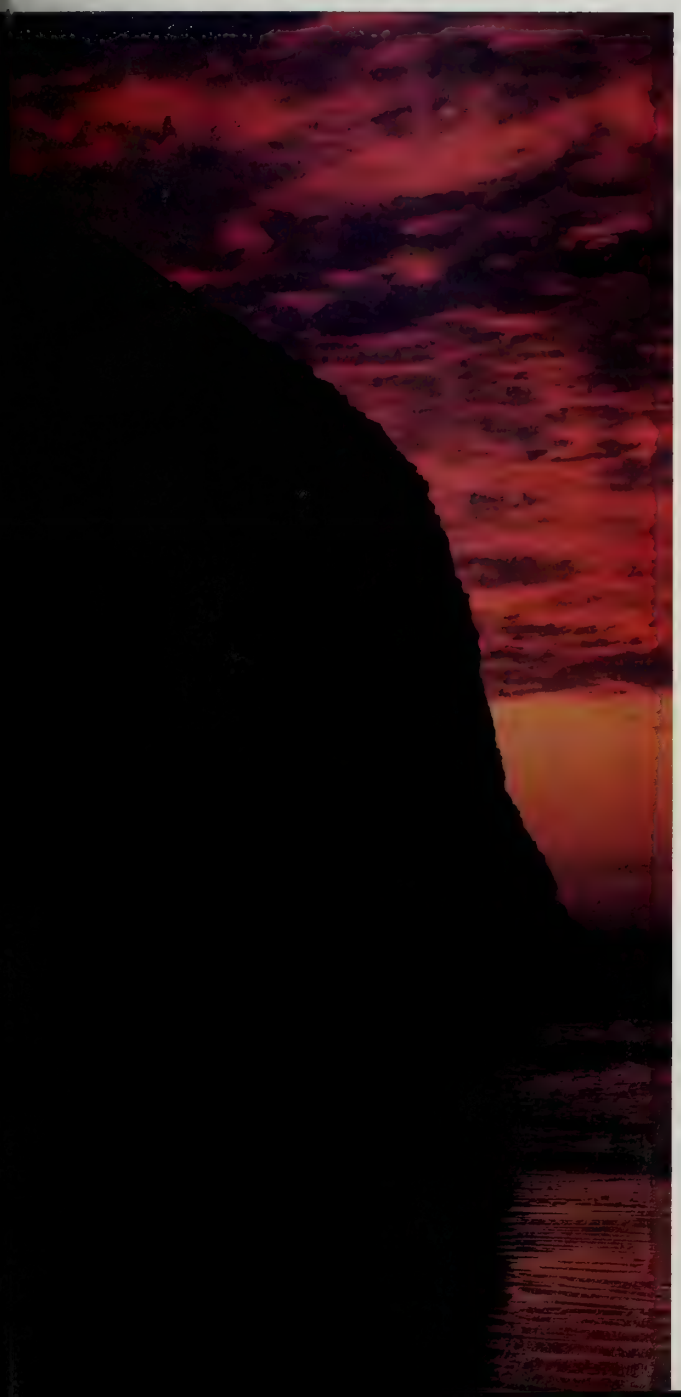


# We've Been Saving A Place For You.

# In Oregon, We
# Everyone Ow



# e Made Sure A Piece Of It.



Haystack Rock. Cape Perpetua. Cascade Head. Devil's Punchbowl.

It takes colorful names to express what nature has provided the Oregon Coast.

Yet perhaps the greatest expression of our respect for nature comes not from the language of Oregon's poets and dreamers, but from a unique Oregon state law. It's the only law of its kind we know of. And it keeps the entire length of the Oregon coast, some 400 miles of it, open and free to public access.

So whether you're exploring the dunes of Florence, the tidal pools of Otter Rock, or watching the whales migrate north in the spring, things don't just look different here.

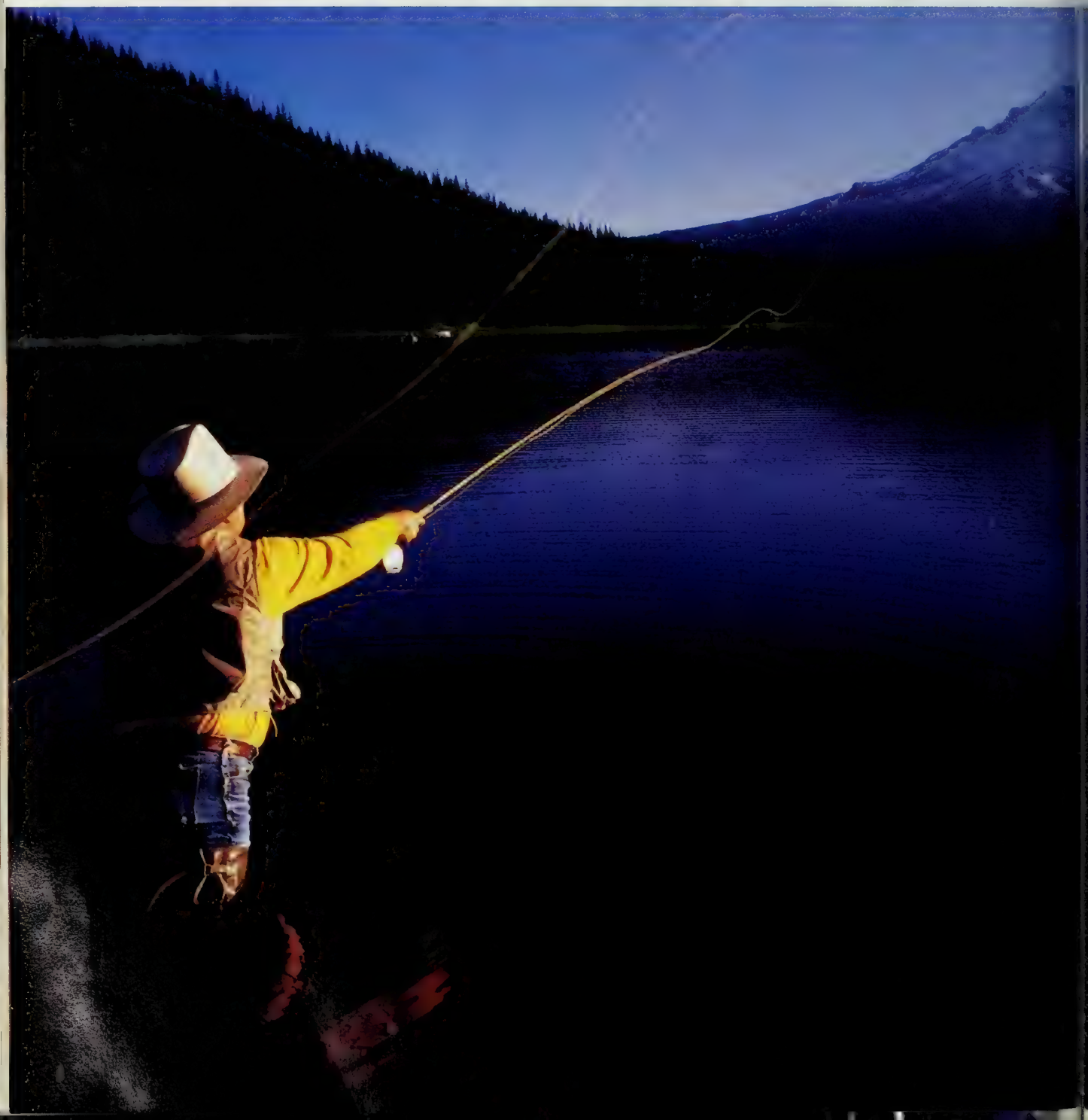
They are different.

In fact, ensuring that future generations, and those who visit, will always be able to enjoy the quality of life Oregon offers, is something of a habit with us.

We were also the first to earmark state funds for bicycle trails. The first to eliminate non-returnable beverage bottles and cans. And the first to bar the in-state sale of aerosol cans using fluorocarbons.

As for why we've gone to so much trouble to protect our mountains, rivers, beaches and cities, it may be because we've never felt that a state like Oregon should belong to just one generation of Oregonians. This is one place that was meant to be shared.

# Sometimes, The I
# Yourself Is Where



# st Place To Find
# o One Else Can.



For many, it is perceived as a condition that inevitably comes with modern living. The more beautiful the place, the more crowded it becomes.

Which may be what astonishes most people about Oregon the first time they visit.

Because, when you come to Oregon, you'll not only find some of the most spectacular settings on earth, you'll notice something different about them.

They're still spectacular.

For example, some 6600 years ago, Mt. Mazama, a 12,000 foot volcano, collapsed inside of itself. The resulting crater filled with pure spring water, and Crater Lake was born.

Believing that there are some natural wonders you simply don't mess with, we preserved it.

As a national park, it's been peaceful ever since.

And we've taken the same approach everywhere else. Which means you can still explore the solitude of pristine alpine lakes in any one of Oregon's four mountain ranges. Behold the fertile valleys of the west. Or the breathtaking high deserts to the east.

So when you come to Oregon, prepare yourself. Chances are, among the trout, the elk, and the waterfalls, it's entirely possible you'll stumble onto something you thought didn't exist anymore.

The real you.



# Some Of Our Best Cowboys Are Indians.

In 1916, competing against riders half
age, a 50 year-old, full-blooded Nez Perce
lian named Jackson Sundown, climbed on a
cking horse called Angel, and made
ndleton Round-Up history.

Today, you can still see Indians ride on
r rodeo circuit. And it serves as a perfect
ample for a piece of information we'd like to
ss along.

To be exposed to another culture, you
n't necessarily have to travel abroad.

You simply have to visit Oregon.

Because whether it's our farmlands still
ned and harvested by fifth generation immi-
nts. Our towns and villages still steeped in
ropean ancestry. Or the heritage of our native Americans. In Oregon, you'll find that there's a tradition being subscribed to by all.

To celebrate the differences.

In fact, just about every community in the state claims its own festival, rodeo, or yearly fair.

This not only makes Oregon an exceptional place to live, all of this out and out celebrating can make it kind of a fun place to visit.

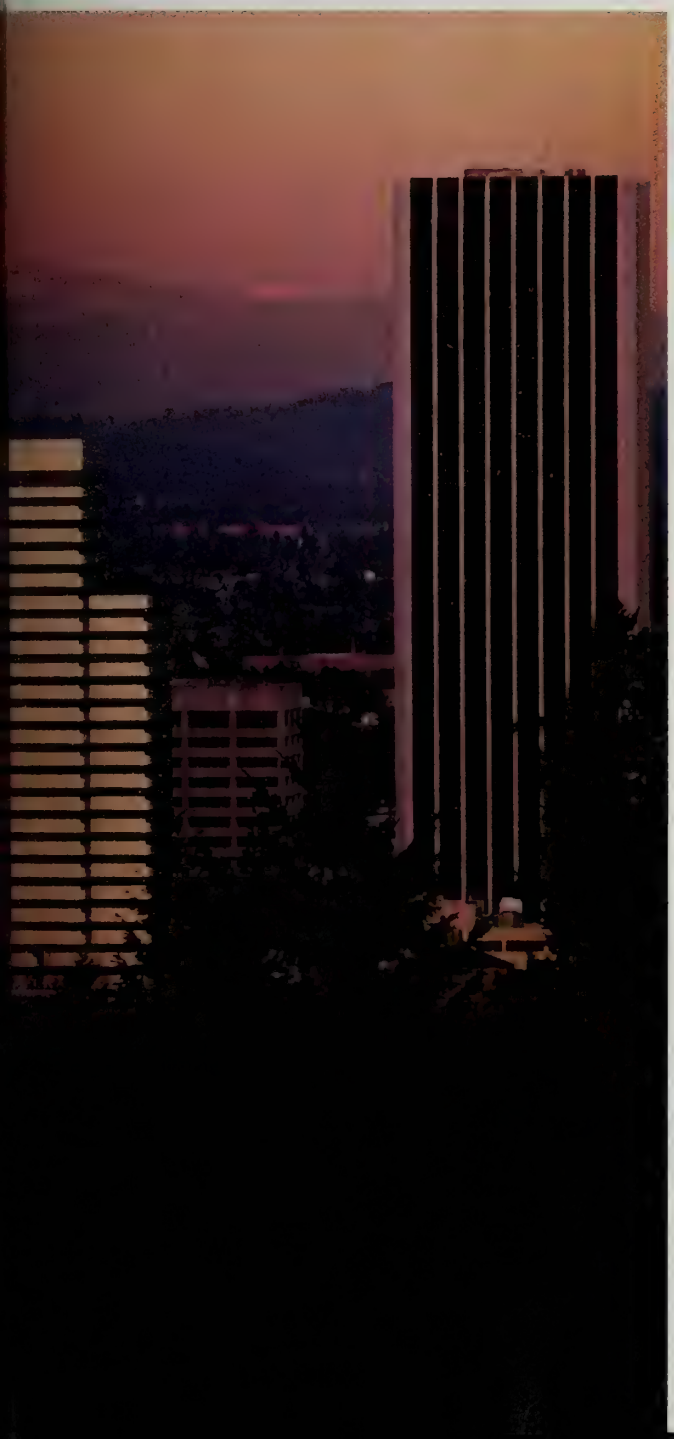
Which is what we want you to do.

Just don't be disappointed if you feel like you can't take in everything Oregon has to offer the first time around. Because with this kind of diversity, it's not like visiting another state. It's like seeing the world.

# When It's M
# Who Says Both



# n Vs. Nature, ides Can't Win?



That people with a common bond will ultimately gather to build villages, towns and cities, is a tribal instinct as old as the species.

Gone awry, its impact on the land can be devastating.

Which is why, when you fly into Oregon, you may wonder how a modern city can exist among the evergreens, rivers, lakes and mountains. Without one or the other giving something up in the process.

Until the first one appears on the horizon.

Then you begin to understand what makes living in Oregon so uniquely different.

Because whether it's the smallest town, or our largest metropolitan city, in Oregon our approach remains the same. You don't build a lifestyle by taming the land. It only happens when you embrace it.

So where you'd expect to find concrete jungles, you'll find parks and greenways. Instead of dilapidated buildings from the turn of the century, you'll find historic landmarks. Even historic cities.

All of which means you can visit Oregon, enjoy evening concerts, explore the past, or shop. And within an hour or less be skiing, fishing, hiking or sailboarding.

It may also be why so many visitors who come to Oregon for the scenery change their plans.

And end up staying.



# Bring The American Express Card.® We No Longer Accept Beaver Pelts.

Contrary to popular belief, not every- who visits Oregon brings their hiking ots and backpacks.

There are those who have discovered ht, beyond the mountains, lakes, forests, and aches, lies yet another side of Oregon that be equally stimulating.

The arts.

Which means that, if you're more into sic, ballet, or Shakespeare, a visit to Oregon leave you just as satisfied.

And you never have to go far to find experience.

There's the Oregon Shakespearean stival in Ashland. The internationally claimed Bach Festival in Eugene. The ever- ular Mt. Hood Festival of Jazz. Museums. lleries. Not to mention two of the region's st inspired performing arts centers.

A mere sampling.

But fair warning. When attending the nphony, don't be surprised if you find yourself seated next to a tuxedo-clad Oregonian. Wearing footwear that looks like it belongs on the trail.

Because, while we may be committed to the arts in Oregon, we're never going to be out of the woods completely.

We promise.

*Please send me the following: ☐ The Official State Travel Guide, ☐ The Oregon Events Calendar. Plus more information on these subjects: _____.*

*NAME* _____

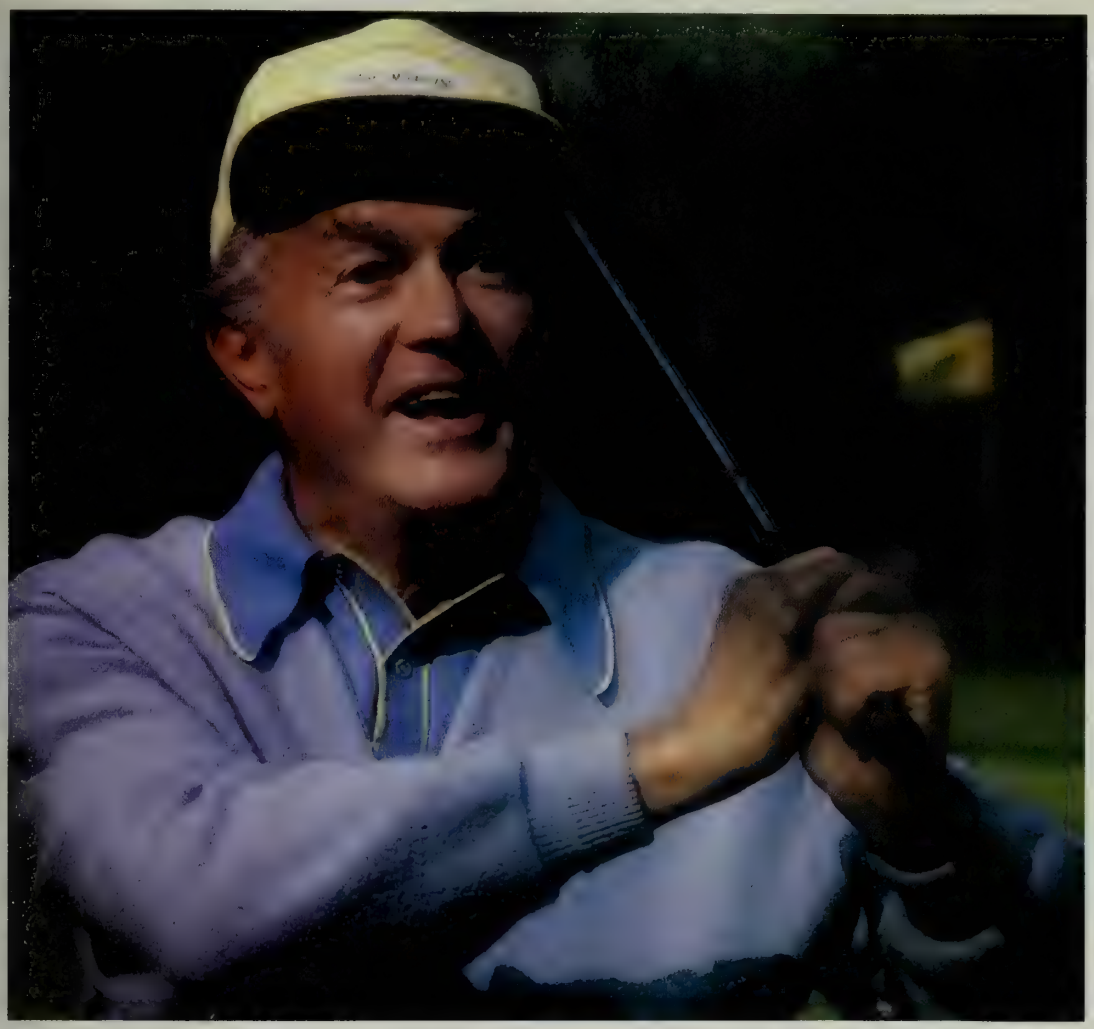
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*CITY* *STATE* *ZIP* _____

*For more information write, Oregon Department of Tourism, Department BHG, 595 Cottage Street N.E., Salem, OR 97310. Or call, 1-800-233-3306 (inside Oregon). Outside Oregon, 1-800-547-7842.*

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Things Look Different Here.


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Things Look Different Here.



# SIX MONTHS AGO BILL BYRNES HAD A STROKE. TODAY, HIS LIFE'S BACK UP TO PAR.

Bill Byrnes' stroke left him unable to walk, to talk, or to remember...even his own name. ▫ After his discharge from the hospital, Bill entered a CareWest Nursing Center and began a program of physical, speech and occupational therapy. ▫ Six weeks later he walked out, back to the full, independent life he had enjoyed before his stroke. ▫ At CareWest, we offer modern facilities, a fully trained and licensed staff, and comprehensive therapy programs. ▫ Our goal is to return as many of our residents as possible back to their families and communities. ▫ Rehabilitation services are often covered under Medicare. Our staff will gladly assist you in determining eligibility, or call for your free copy of *Medicare Explained.*



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*Our name is our promise.*

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There is a difference in custom-built cabinetry. And Wood-Mode makes it.

Offering an unlimited range of design possibilities in the finest custom-built tradition.

**Design Group 42**—for American traditional styling and construction. **Design Group 84**—for the exciting, new European designs.

Each and every one a very personal reflection of your tastes and lifestyle. All quality constructed to earn your confidence.

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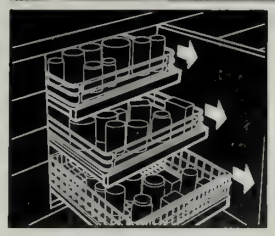
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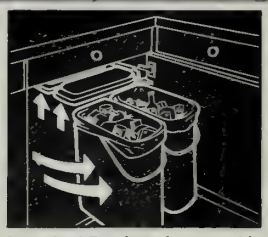


# *Functional Elegance*

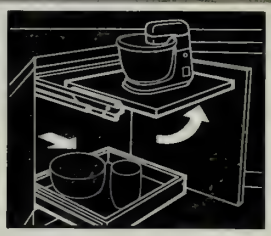
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**Surprise!** Storage racks and grids adjust to accommodate boxes, bottles, cans.



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**Surprise!** Practical pull-out, lift-up mixing center raises to counter height.

When you choose ALNO, Europe's largest kitchen manufacturer, your kitchen will be custom designed with exactly the space saving interior surprises you need. You'll select from a wide variety of high quality exterior colors and finishes to express your personal taste. ALNO. Add pleasure to your life, value to your home.

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*The World's Kitchen*

SF/H 3

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Elegant. Sensual. Colorful. Inviting. All this and surprisingly affordable, too.

Universal-Rundle understands how important the look of your bath is to you. How it needs to complement the rest of your home. Your budget. And your lifestyle.

So whether you begin with a single piece or an entire collection, you can trust Universal-Rundle to help make your bath as visually appealing as any other room you've created. And isn't that what you want?



Come see the quality of the new Saturn China Collection™ shown here, and other Universal-Rundle bath fixtures at:

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San Pablo, CA

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**NOTHING TO BUY. You will get six products of your choice, FREE.** This offer is made by these famous manufacturers simply because they want you to try their products and like them. Just fill in the coupon below and **enclose $1.00 for shipping and handling.** Do a friend a favor! Give them the extra coupon and send your coupons in together.

**FREE**
Q-TIP® Family ermometers are hospital proven and certified accurate. Q-TIP is the proven value family thermometer.



1



2

**FREE**
SEA•BOND® users say, "I'll never go back to pastes or powders!".



3

**FREE**
GRECIAN FORMULA® Cream or Liquid. Restores lost color to graying hair. Remove as much gray as you want. Works for any color hair. 3(A) cream or 3(B) liquid.



4

**FREE**
VAGISIL® POWDER. Absorbs excess moisture to keep you dry; checks odor; freshens.



5

**FREE**
CARDI-OMEGA 3™ fish oil concentrate helps REDUCE THE RISK OF HEART DISEASE.

**FREE**
ULTRASWIM™ SHAMPOO Chlorine can make your hair dry, brittle and unmanageable. After every swim, shampoo with UltraSwim. UltraSwim Shampoo gets the chlorine out.



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ANUSOL® OINTMENT or SUPPOSITORIES... the most doctor commended hemorrhoid remedy ever! TUCKS® *Pre-Moistened morrhoidal/Vaginal Pads* he #1 pre-moistened pad hemorrhoidal flare-ups!



7



8

**FREE**
FIBERCON® the first fiber laxative in easy-to-swallow tablets.

---

FOR A FRIEND 1

Do not tape money to coupon

Mail to: FREE-FOR-ALL
PO BOX 5216
FDR STATION
NEW YORK, NEW YORK 10150

Please send me the six samples I have checked.

1 ☐ 2 ☐ 3A ☐ or 3B ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐

**Enclosed is $1.00 for shipping and handling, no stamps please, $1.15 if you send a check.** (The extra cost is for check-clearing charges.)

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

All requests will be honored. Limited to one per person. Two people can mail together. Allow 4-6 weeks for delivery. Offer expires Sept. 30, 1988. Brands represented are products you will receive. Packaging may vary. If any item is out of stock an alternative product or coupon will be sent.

---

FOR YOU 2

Do not tape money to coupon

Mail to: FREE-FOR-ALL
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NEW YORK, NEW YORK 10150

Please send me the six samples I have checked.

1 ☐ 2 ☐ 3A ☐ or 3B ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐

**Enclosed is $1.00 for shipping and handling, no stamps please, $1.15 if you send a check.** (The extra cost is for check-clearing charges.)

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All requests will be honored. Limited to one per person. Two people can mail together. Allow 4-6 weeks for delivery. Offer expires Sept. 30, 1988. Brands represented are products you will receive. Packaging may vary. If any item is out of stock an alternative product or coupon will be sent.

DESTINATION U.S.A.

# THE BEST LOW-COST FAMILY VACATIONS

Edited by Mark Ingebretsen




GEORGE S. BUSH

Rocky Mountain parklands provide low-cost campsites and free scenery.




PERRY STRUSE

Low summer prices, plus treats for kids and parents, make Florida resorts ideal.




Travel down America's highways. Motels and campsites are easy on the wallet.




GREATER CINCINNATI CONVENTION & VISITORS BUREAU

Cincinnati and other smaller cities offer budget weekend packages.




Warm water and sunshine lure families to the bargain-priced Carolina coast.

Remember as a child, waking up early on vacation day? Mom and Dad already had the suitcases packed. Ahead lay sights you'd seen only in books. When summer comes, it'll be your turn to pack those suitcases and take the family someplace new. Good times await and so do memories. Choose the style vacation you like; then turn these pages to find out more.

- **DECIDE HOW MUCH TO SPEND**
- **GET DETAILS: CALL TOLL-FREE**
- **LOOK FOR OFF-SEASON DEALS**
- **FIND LITTLE-KNOWN SPOTS**
- **MAKE RESERVATIONS SOON**

*continued on page 191*




# See how her date with the lifesaver went. Call Australia.

Emma's loved the beach for as long as you can remember. And she's had a crush on Mike even longer. So now that they've finally gotten together, you want to be the first to hear the details. Why not give her a call? With AT&T International Long Distance Service, it costs less than you'd think to stay close. So go ahead. **Reach out and touch someone.®**

**AUSTRALIA**

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AVERAGE COST PER MINUTE FOR A 10-MINUTE CALL*

*Average cost per minute varies depending on the length of the call. First minute costs more; additional minutes cost less. All prices are for calls dialed direct from anywhere in the continental U.S. during the hours listed. Add 3% federal excise tax and applicable state surcharges. Call for information or if you'd like to receive an AT&T international rates brochure **1 800 874-4000.** © 1987 AT&T

AT&T

The right choice.



Could your husband's camping shirt endanger a few species?

Surf® Detergent's patented formula removes dirt and odors.




© 1988 Lever Brothers

*continued from page 188*

# CAMPING

## OUTDOOR ESCAPES

Camping teaches families to work together. Everyday chores become adventures. And adventures—like the fish Sally caught—become things that you'll remember always. Stake down your tent this summer!



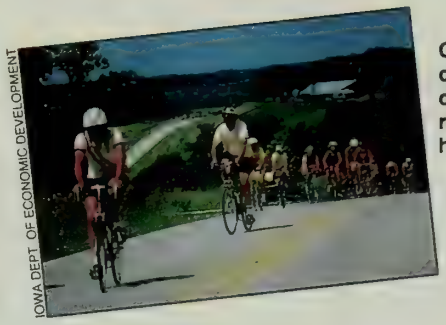
GEORGE S. BUSH

**Set up camp, then enjoy the view. It's easy when everyone helps.**

## MOUNTAIN ESCAPES IN THE SOUTH

The Smoky Mountains of Tennessee and North Carolina are a close-to-home campsite for lots of families in the East. These rounded, forested peaks stand up to a mile high, offering views that rival those of the Rockies. But camped beneath the dense hardwood trees, you'll feel as if you're in a jungle: a misty, moody place, filled with moss, vines, ferns, and magnificent waterfalls.

You can choose your style of camping in the Smokies. Campsites border the resort towns of Gatlinburg and Townsend. Rent some inner tubes nearby: A favorite sport here is floating down the shallow streams. The main campgrounds at Great Smoky Mountain National Park can get crowded. Visit here on a weekday for your best choice of sites. Or, obtain a backcountry camping permit and explore on your own. **Information:** ***Great Smoky Mountain National Park, Rte. 2, Park Headquarters, Gatlinburg, TN 37738 (615/436-5615).***



IOWA DEPT. OF ECONOMIC DEVELOPMENT

**Combine biking and camping. Local clubs plan family rides. Bike shops have details.**

## SWITZERLAND IN MONTANA

Hike along a foothills trail in Glacier National Park. Below you, lakes fed by melting snow are red, turquoise, or deep green. Ahead lie canyons filled with wildflowers. This northwest Montana netherworld may be difficult to reach—it's over a day's drive from major cities—but the trip is worth it. Curious mountain goats and marmots will delight your kids along the trails. You can horsepack to remote valleys ringed by glaciers. Or, paddle a canoe across a lake backdropped by an awesome mountain wall. Whatever you do, the scenery will dominate your camping experience here. Mountains stand above flowered meadows. At night, stars silhouette the peaks, as the northern lights glow in the sky. **Information:** ***Glacier National Park, Dept. BHG, West Glacier, MT 59936 (406/888-5441).***

*continued on page 192*

## OUR ADVICE

- Rehearse before you leave. Set up the tent in the backyard. Cook outdoors.
- First time out, camp with an experienced family. Let them show you the ropes, and the stakes, and everything else you need to learn.
- Books help. The *Boy Scout Field Book* is tops. Pick up a first-aid manual, too.



JIM KASCOUTAS

**Experience the outdoors. Camping gives us a chance to reflect on nature's wonders.**



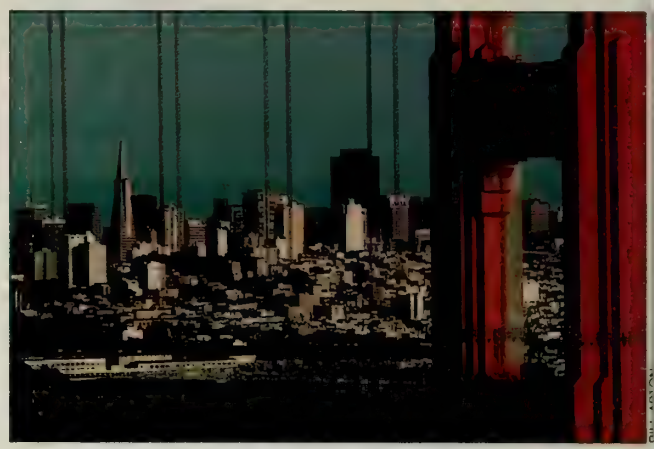
ANDREA BOOHER

*continued from page 191*

# CITIES

## SO MANY NEW SIGHTS

City vacations mean excitement: museums, shopping galleries, zoos, and parks full of people. Kids get wide-eyed just watching the sidewalk crowds, and they'll learn a lot. So will you. Find a downtown near your home, and join the bustle.



San Francisco's Golden Gate bridge links the city to parklands.

## RIVERSIDE ENTERTAINMENT

Check into a downtown St. Louis hotel, and you can explore this city on foot. The famous arch serves as your reference point. Ride to the top for a better view of the city skyline, or walk to the Mississippi riverfront where most of the fun lies.

Lined up along a levee, restored riverboats make up one of the nation's best family entertainment complexes. The historical *Golden Rod* is a real showboat, with a musical play presented each night. Docked nearby, the *Admiral* is a theme park in miniature, with shops, eating spots, concerts, and continuous shows featuring real and robotized actors.

You can sail off on a riverboat, too. The *President* and other paddle wheelers ferry sightseers upriver on half-day and evening cruises.

St. Louis' riverfront attractions take about 1½ days to see—ideal if you're stopping at St. Louis during a cross-country trip. Families staying longer should visit the excellent St. Louis Zoo, tour the Anheuser-Busch brewery, and take in Union Station—a huge new hotel, shopping, and entertainment complex. **Information:** ***St. Louis Convention & Visitors Comm., 10 S. Broadway, Dept. BHG, St. Louis, MO 63102 (800/247-9791).***



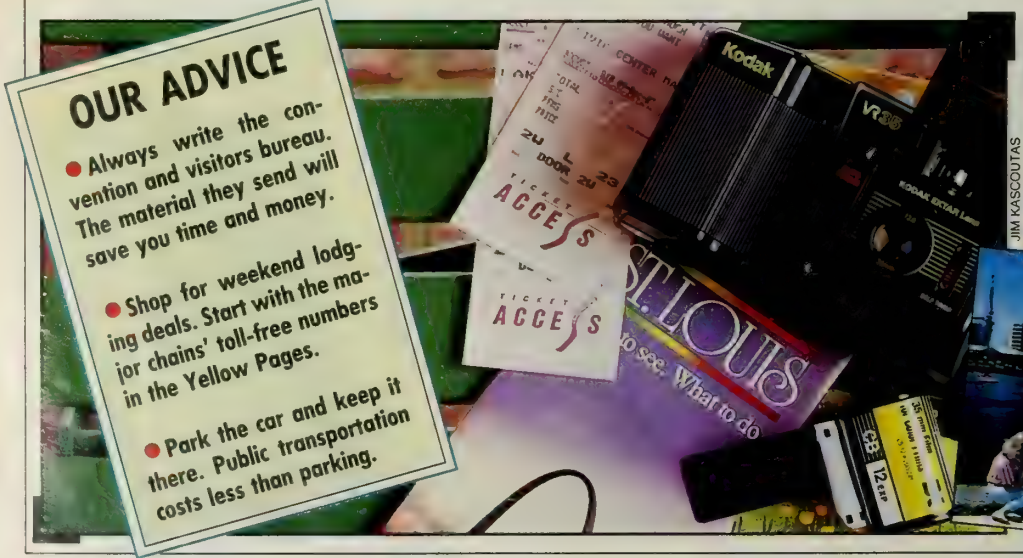
ST. LOUIS CONVENTION & VISITORS COMM.

Sports fans at St. Louis' Busch Stadium can walk to hotels and nearby fun spots.

## THE LAST COWTOWN IN TEXAS

Fort Worth never outgrew its wild West roots. While neighboring Dallas has fashionable boutiques, folks here lean toward cattle auctions and country music. Visitors head first for the shops and attractions at the city's historical district. Outlaw Butch Cassidy and his gang once called these streets home. Cattle auctions are held weekdays at the Fort Worth stockyards. Sit yourself beside cattle buyers. Be sure your kids don't twitch their noses, or you may end up owning a steer. Even Fort Worth's museum can't escape the city's cowtown past. Most folks come to see the western paintings and sculptures by Frederick Remington and Charles Russell. **Information:** ***Fort Worth Visitors Bureau, 100 E. 15th St., Dept. BHG, Fort Worth, TX 76102 (800/433-5747).***

*continued on page 194*




JIM KASCOUTAS

Baltimore's Inner Harbor holds the National Aquarium, a science center, and stores.

# Safe as a liquid. Tough as Comet.




You can get that great Comet clean on modern surfaces like fiberglass and stainless steel. There's no worry about dulling scratches, because there are no harsh abrasives in Comet. It's as safe as a liquid cleanser.

But Comet is tough on stains with its famous bleach-powered cleaners.

Try regular or New Lemon Fresh Comet. You'll see why Owens/Corning and Elkay recommend Comet for use on their fiberglass and stainless steel surfaces.

© 1987 The Procter & Gamble Company

*continued from page 192*

# RESORTS

## NO-HASSLES FUN

At resorts, families can do just what they want: golf, riding, you name it. Someone else handles such details as meals, outings, and evening entertainment. Special programs let kids meet new friends. You just concentrate on having fun.



Learn a sport at a resort: You're never too young or too old.



ANDREA BOOHER

Aspen and other ski towns have lower summer prices. Bike races and festivals keep folks coming.

### SECRET SPOTS ON NEW YORK LAKES

Settle back and relax by a lake deep in New York State's Adirondack region. There's nothing fancy about the family resorts in these parts: just a sandy beach, a boat dock, and a lodge that serves down-home meals.

Forested hills—great for family hikes—pan out to the horizon. Prices for families start at $150 a day, including meals and activities.

One of the region's best resorts is the Hedges, on Blue Mountain Lake. Guests stay in log cabins. A golf course and a riding stable lie a short drive away. **Information:** ***The Hedges, Blue Mountain Lake, Dept. BHG, NY 12812 (518/352-7325); Regional Tourism Director, Dept. BHG, 90 Main St., Lake Placid, NY 12946 (518/523-2412).***

### HIGH CULTURE IN COLORADO

Nature and the arts thrive at the resorts in and around Aspen. Warm summer days transform this trendy Rocky Mountain ski area into a place where you can hike, raft, or ride trail bicycles during the day and catch a symphony that night. Stay within Aspen if you want the walkable convenience of a small town. At night, jugglers, mimes, and magicians perform on downtown streets. And, the city's summer-long music festival provides evening concerts.

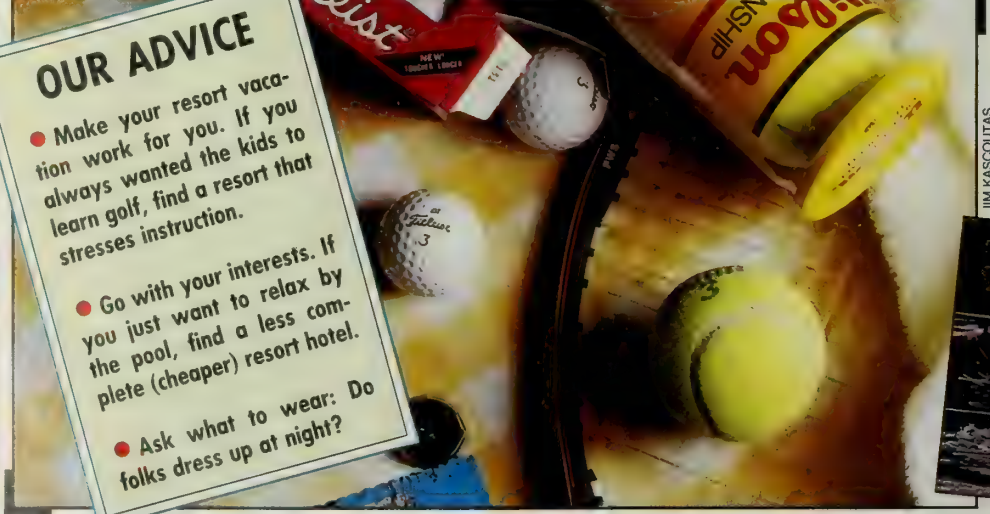
Folks lodging at The Aspen Club use the health spa and other resort amenities right on the grounds. Motels and inns offer $50-a-night rates, and restaurants range from gourmet to fast food. Arrange golf, tennis, riding, rafting, hiking, other resort sports at your hotel/motel (ask for the "Children's Guide to Aspen-Snowmass").

At nearby Snowmass, another full-service resort, kids and adults take classes at the Anderson Ranch Arts Center. Snowmass also plans activities for kids. **Information:** ***Aspen Resort Assoc., 303 E. Main St., Dept. BHG, Aspen, CO 81611 (800/262-7736); The Aspen Club, 709 E. Durant St., Dept. BHG, Aspen, CO 81611 (800/882-CLUB); Snowmass, Box 1248, Dept. BHG, Aspen, CO 81612 (800/332-3245).***

*continued on page 198*

### OUR ADVICE

- Make your resort vacation work for you. If you always wanted the kids to learn golf, find a resort that stresses instruction.
- Go with your interests. If you just want to relax by the pool, find a less complete (cheaper) resort hotel.
- Ask what to wear: Do folks dress up at night?



JIM KASCOUTAS



One price pays all at dude ranches: unlimited riding, and hearty ranch-style meals.

# This is what NutraSweet® looks like to your body.



To your eyes, NutraSweet® doesn't have very much in common with all these different kinds of fruit.

But the rest of your body will detect a rather remarkable similarity.

NutraSweet, you see, is made of two building blocks of protein, like those found in foods that we eat every day.

Including every one of the fruits that you see pictured here.

Your body, of course, doesn't require such a long explanation.

Because it understands these things naturally. And the way your body sees it, a juicy piece of fruit and NutraSweet actually have quite a bit in common.

They both look good enough to eat.

NUTRASWEET® BRAND SWEETENER

© 1988 The NutraSweet Co.

*continued from page 194*

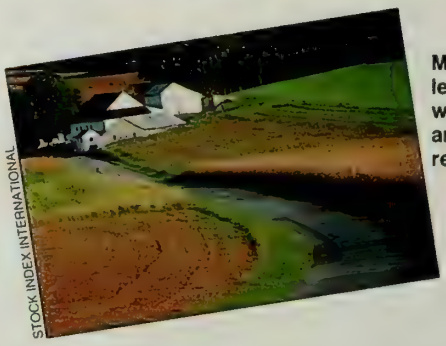
# DRIVING

## TRAVEL AMERICA'S HIGHWAYS

Driving vacations bring out the explorer in us all. Discoveries await around each bend. Chart your course. Pack the car with healthful snacks and taped music you can all sing. Plan lots of stops at places both you and the kids will enjoy.



In upper New York State, back roads end at peaceful lakes.



STOCK INDEX INTERNATIONAL

Midwest farm roads lead to small towns with produce stands and "good eatin' " restaurants.

### MISSISSIPPI HEADWATERS

History unfolds along the Great River Road, as you follow the Mississippi River in Minnesota, Iowa, and Wisconsin. River towns that prospered during the paddle wheeler days have now become nostalgic havens with antiques shops and inns lining the hilly Victorian streets.

Bridges at key points let you cross and recross. Be sure to visit: Hastings, Redwing, Wabasha, and La Crescent, Minnesota; Stockholm, La Crosse, Prairie du Chien, Wisconsin; and McGregor, Iowa. **Information:** ***Minnesota Office of Tourism, 375 Jackson, 250 Skyway Level, Dept. BHG, St. Paul, MN 55101 (800/626-6784); Wisconsin Division of Tourism, Box 7970, Dept. BHG, Madison, WI 53707 (800-ESCAPES); Iowa Tourism Department, 200 E. Grand, Dept. BHG, Des Moines, IA 50309 (515/281-3100).***

### THE ROAD TO KEY WEST, FLORIDA

Travel down Hwy. 1, and savor the easygoing atmosphere of the Florida Keys. The two-lane road stretches 70 miles south from Miami, linking one sun-draped island to the next via a series of bridges. Stop to snorkel at John Pennecamp State Park on Key Largo. If you fish, base yourself in Marathon Key. Camp out on Big Pine Key, and you can swim or explore the island's wild palm groves inhabited by a dwarf species of deer.

Summer means off-season prices and fewer people in the Keys. Even trendy Key West, where Hwy. 1 ends, offers $30-a-night lodging bargains. Spend a day or two exploring Key West's shops, art galleries, and museums. Then, watch the singers, tightrope walkers, and other performers who gather at the waterfront to mark each sunset. **Information:** ***Florida Division of Tourism, Dept. BHG, 126 W. Van Buren St., Tallahassee, FL 32399 (904/487-1462).***

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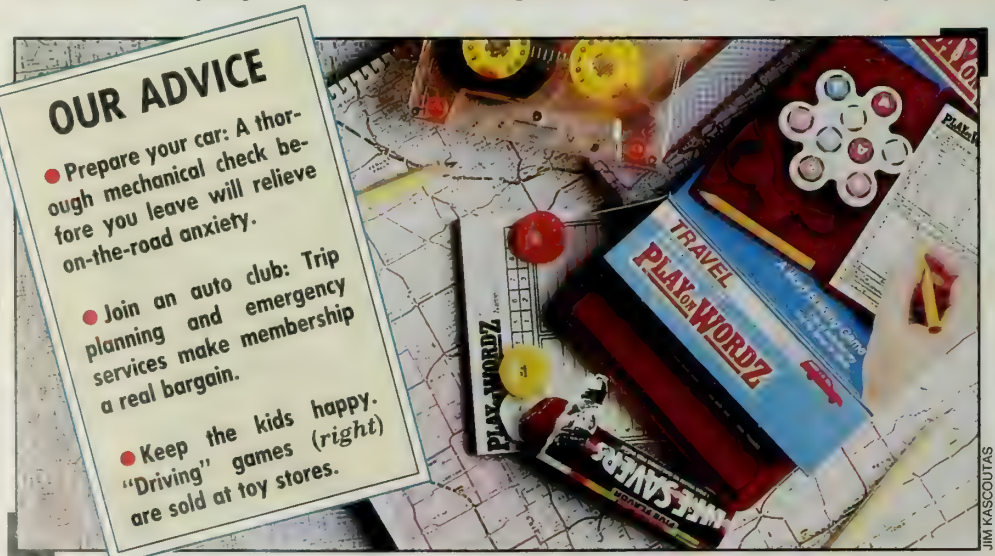
Hwy. 1 travels through the low-lying Florida Keys, linking Miami with Key West.



FLORIDA DIVISION OF TOURISM

### OUR ADVICE

- Prepare your car: A thorough mechanical check before you leave will relieve on-the-road anxiety.
- Join an auto club: Trip planning and emergency services make membership a real bargain.
- Keep the kids happy. "Driving" games (*right*) are sold at toy stores.




JIM KASCOUTAS

# Is there something in your detergent you don't want?




**Unscented Tide.** The One
nd Only 100% Perfume Free Detergent

Unscented Liquid Tide
available in limited areas. © P&G 1988.

*continued from page 196*

# SEASIDE

EXPLORE OUR COASTS

Oceans revive us. At the beach, it's okay to spend relaxing hours chasing crabs, or watching the fishing boats. Find your spot in the sand!




JIM KASCOUTAS

## SOUTH CAROLINA'S LOW COUNTRY

One of our favorite seaside havens lies in the flat Low Country between Myrtle Beach and Charleston, South Carolina. Beaches here are long and wide, with warm water and gentle rolling waves. Walking on the shoreline or along the marshland paths, you'll see weather-beaten cottages with fishnets hanging out to dry, and maybe a friendly birdwatcher.

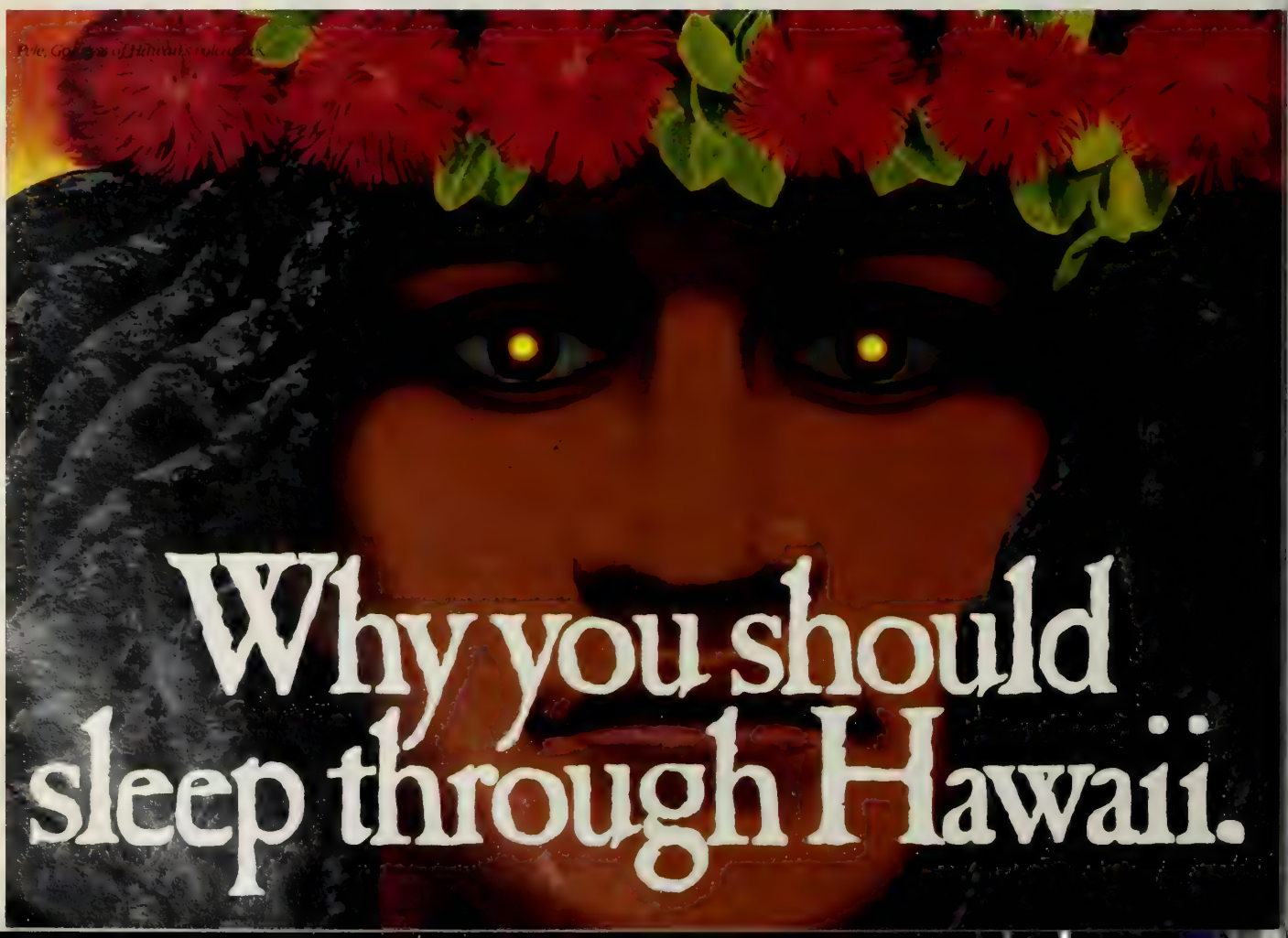
Take a day out of the sun and explore. Shops sell the region's famous rope hammocks and other crafts. Nearby, at Merle's Inlet, the harbor gets busy at dusk when the shrimp boats arrive. Visitors come later to feast on the catch. Dining is family style, with bibs and pitchers of iced tea. Beachfront motels charge from $65 per night. Motels five minutes away, along Hwy. 17, charge less. **Information:** ***Georgetown County Chamber of Commerce, Box 569, Dept. BHG, Pawleys Island, SC 29585 (800/777-7705).***



SOUTH CAROLINA TOURISM DIVISION

**Walkways link vacation homes to the sea in South Carolina's Litchfield Beach.**





## OREGON'S COAST OF SPLENDORS

All the pleasures of Oregon's incomparably scenic seaside are merged into one at Sunset Bay State Park. Seven miles of weathered shoreline greet the blue Pacific. Just offshore, sea lions gather on the rocks. Cliffs create horseshoe-shaped bays that calm the incoming swells. Your kids can wade in safety. Camp at the park, or stay at a motel in nearby towns. The vast sandy stretches of Oregon Dunes National Recreation Area lie within easy driving distance. State parks line the Oregon coast. You can tour the entire coastline and camp at a different park each night. **Information:** ***Sunset Bay State Park, 13030 Cape Arago Highway, Dept. BHG, Coos Bay, OR 97420 (503/888-4902); Oregon Tourism Division, 595 Cottage St., NE, Dept. BHG, Salem, OR 97310 (503/378-6309).***

## HAWAII THIS SUMMER

Island prices drop nearly 30 percent each June. Vacation packagers such as Creative Leisure, below, offer week-long deals that include airfare, a kitchen-equipped condo, and a rental car. The cost: $3,100 for a family of four. **Information:** ***Hawaii Visitors Bureau, 441 Lexington Ave., Rm. 1407, Dept. BHG, New York, NY 10017 (212/986-9203); Creative Leisure, 951 Transport Way, Dept. BHG, Petaluma, CA 94952.*** BH&G



SUN STAR/HAWAII VISITORS BUREAU

**No doubt about it, an ocean view helps folks of all ages to relax.**



HAWAII VISITORS BUREAU

**Summer is the off-season in Hawaii. Travel agents have details on low-cost package deals.**



OAHU HAWAII MAUI




Now you can see all of the wonders of the Hawaiian Islands and sleep through the hassles of traveling.

No time wasted hotel hopping, scurrying to and from airports, no taxis or constant packing and unpacking.

Just come with us.

We're American Hawaii Cruises.®

We cruise from island to island while you relax on board one of our cruise ships S.S. Independence® or S.S. Constitution.® In the mornings you'll awake to another part of this island paradise.

During the days, you can choose from a full menu of optional excursions. There's something for everyone, whether you prefer to amble through shops in Kailua-Kona or take a helicopter ride into the "Grand Canyon of the Pacific" on Kauai. It's completely up to you.

AMERICAN HAWAII CRUISES

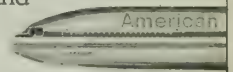
Ships of U.S. registry.

You'll see Kauai, Maui, Oahu, and Hilo and Kona on the big island of Hawaii.

No hassles. Just comfortable cruising from port to port, all done in American Hawaii's casually elegant, unstuffy style.

So, you'll spend every second seeing Hawaii. You'll learn the legend of Pele, the Goddess of Hawaii's volcanoes. See where Hawaii's famous macadamia nuts are grown. Stand where King Kamehameha the Great stood.

You'll get to know the mysteries, and the magic. You'll see the breathtaking scenery; even stand before the awesome power of Kilauea. You'll be close to everything that's made these islands a place of dreams and memories.




The principal carrier for American Hawaii Cruises is American Airlines.

So, see Hawaii with us. See more of the wonders and sleep through the hassles. Call your travel agent and ask about American Hawaii Cruises, starting at just $995.*

Make sure you don't miss a thing.

DON'T MISS A THING.

Ask about our 6 Nights Free Hotel and Summer Free Kids programs. Call us at (800) 227-3666 and ask for operator 12.

*Based on double occupancy.

KAUAI

Tempo's advanced dynamic exterior styling reflects Ford's growing reputation for design leadership. The same holds true for Tempo's newly refined interior. So that inside and out, there's no doubt that this is a *new* Tempo. One designed with the driver in mind.

**It's not just a car. It's a driver's car.**

Front-wheel drive. A more powerful multi-port electronic fuel-injected engine. Four-wheel independent suspension. And power-assisted rack-and-pinion steering. All combine to crea a car capable of handling almost any kind of ro

The new Ford Tempo. Whether you choos the smooth performance of a GL or LX. The enhanced performance of the GLS model. Or the extra traction of Tempo All-Wheel-Drive, you will be able to express your driving ambi tion in more sophisticated terms.

**6-Year/60,000-Mile Powertrain Warranty.**

Covers major powertrain components

# Driving ambition. Expressed in sophisticated terms.




**Buckle up—together we can save lives.**

6 years/60,000 miles. Restrictions and
luctible apply. Also, participating dealers
k their customer-paid work with a free
etime Service Guarantee, good for as long
you own your vehicle. Ask to see these
ıited warranties when you visit your
d Dealer.

**d. Best-built American cars...seven
ırs running.**
Based on an average of owner-reported problems in a series of surveys of '81-'87 models designed and built in North America. At Ford, "Quality is Job 1."

Buy or lease the new Tempo at your Ford Dealer.

# New Ford Tempo.



**Have you driven a Ford...lately?**

# Where Else?



Colorado can rapidly turn a riding trail into an Old West mountain adventure. In fact, no place else offers so much to do in such spectacular settings. For free information on a vacation experience you'll never forget, mail this coupon to:

Colorado Tourism Board
P.O. Box 38700, Dept. BHCTYX,
Denver, Colorado 80238.

Or call toll-free:
**1-800-433-2656, ext. 504.**

Have you taken a Colorado summer vacation before?
☐ Yes ☐ No

Name _____

Address _____

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City _____

State _____ Zip _____

COLORADO
AND NO PLACE ELSE.



# STEAMBOATIN.SM THE ORIGINAL AMERICAN VACATION.

Over a century ago, more than 11,000 paddlewheelers plied the Mississippi and Ohio rivers. It was an era of discovery. An era of grandeur. The Steamboatin' Era.

Today you can glide back in time and rediscover America—Steamboatin' style aboard the legendary Delta Queen and the magnificent Mississippi Queen.




FREE COLOR BROCHURE
1-800-543-1949
See your travel agent or call toll-free
or write: The Delta Queen Steamboat Co.
Dept. BH62 #30 Robin St. Wharf • New Orleans, LA 70130

DELTA QUEEN STEAMBOAT CO.

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Address _____

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Telephone (area code ____) _____




# NEW IDEAS FOR FAMILY TRAVELERS

## GUIDEBOOKS AND TOURS WITH KIDS IN MIND

**Keeping everyone happy on a family vacation takes a little extra effort. That's where these two companies can help.**

### A family travel library

Get the advice you need when planning your next family vacation. The free catalog, *Family Travel Guides*, lists books about vacations suitable for Mom, Dad, and the kids. Besides family-oriented travel guidebooks to all parts of the world, the catalog includes instruction books on backpacking with babies, even taped music sure to keep everyone smiling on a long drive. **Information: Send a self-addressed legal-size envelope, stamped with 3 cents postage to: *Carousel Press Family Travel Guides, Box 6061 Dept. BHG, Albany, CA 94706.***

### Guided tours for families

Parents of children aged 6 to 14 can now join organized tours geared especially for families. Programs organized by the American Institute for Foreign Study (AIFS) take families on two-week trips to such spots as England, France, Switzerland, and Austria. Three far-flung family tours go to China, Kenya, and Australia and New Zealand. Each AIFS tour blends guided family sightseeing with kids-only activities that let parents be alone, and free time for your family to explore together.

The programs cost from $2,000 per person (includes airfare, lodging, and most meals). AIFS holds fast to the 6-to-14-year-old age limit, claiming that children under 6 don't have the stamina to travel with a large group, and kids over 14 can feel out of place when matched with youngsters. **Information: *American Institute for Foreign Study, Dept. P-3-BHG, Greenwich CT 06830 (800/727-AIFS).***


People helping people each and every day
Caring for new moms, grandparents, kids and others who are special to you is our business.
For over twenty years we have been providing medical and health care professionals wherever they are needed.
We're always there...to help.
Medical Personnel Pool.
An H&R BLOCK Company
©Copyright 1988, Personnel Pool of America, Inc.



When your dog is more than just a pet, you want to feed him more than just a "dog food."

That's why Purina developed a very special dog food that embodies the kind of nutritional care you want to give your dog.

It's Purina O.N.E.® brand dog food. Short for "Optimum Nutritional Effectiveness."

**"Some people say we look alike. Ralph's the one with the big ears."**

It's special because it's made with high quality ingredients, like real chicken, wheat and rice. And it's free of things that don't benefit your dog, like artificial colors and flavors.

It's special because it contains more protein and energy per ounce than the leading dry dog food.

And special because it's highly digestible. Which means your dog can utilize more of the good things that are in it.

Your dog will think it's special, too. In taste tests Purina O.N.E. was preferred by dogs over the leading national dry dog foods.

So if you love your dog so much you feel you can't do enough for him, here's a way to come close.

Purina Helping pets live longer, healthier lives™ © Ralston Purina Company. 1987




**For that one dog. Yours.**



# WHAT EVERY GOOD DOG SHOULD KNOW

## TEACH YOUR PET BASIC MANNERS

By Diane C. Arkins and Bob Devine

**That wonderfully intelligent dog of yours may know how to sit up, shake hands, and roll over. But has it learned to wait patiently for its evening meal or stay in the yard unattended? Teaching these and other basic canine manners takes just minutes each day. Here's how to make your pet a well-respected member of the family.**




STEVE BJORKMAN

**Nightly planned distractions will convince a dog its meal is safe.**

### EATING ETIQUETTE

*Biting the hand that feeds*

We've all known dogs who viciously defend their food dishes from friend and foe. To prevent mealhour hostilities from developing in pups and stop them in older dogs, try this simple method: Ask your kids to assist you at feeding time. It'll be their job to ensure that the dog waits quietly as you prepare the meal. When your dog is eating, tap your hand on the side of its dish, and give the dog a gentle scratch behind the ear. Do this two to three times per week with a puppy, every night with an adult dog. Invent other distractions as you go along.

Your pet will learn that these distractions are not a threat to its dinner. The food remains in the dish even after you touch or move it. Strongly reprimand your pet if it snarls or snaps, but carefully limit any punishment.

### DOGS THAT ARE SEEN BUT NOT HEARD

*Curing unwanted barking*

No one likes a dog that constantly barks—especially if it's for no apparent reason. Work with your dog from its first barking spell. When the dog barks out an alert, use an enthusiastic voice to ask it, "What's the matter?" Then, gently scratch the animal and say, "At ease."

You've responded exactly as your dog desired by paying attention to its barked-out warning. Then, you've done just what a dog expects of its master by quickly assuming command of the situation. Your dog will relax—and even feel flattered—knowing that it has performed its "duty."



**To stop constant barking, flatter your dog with attention.**

Try our method for a just a few weeks, and your pet will learn to stop barking immediately after it has sounded an alert. The time spent could save you years of yelling.

*continued on page 207*

*—Writers Diane C. Arkins in Chicago and Bob Devine in Denver both own dogs that never talk back.*

# Picture the fun your kids can have with the new PXL2000.



Simulated pictures.

Kids can't wait to get their hands on the new Fisher-Price PXL2000.™ Now, they can make and show their own videos starring family and friends with the first video system made just for them.

The price is surprisingly low. You can buy the PXL2000 camcorder and real working TV for a fraction of what you pay for an adult camcorder alone.

Recording and playback are easy. It's all done on ordinary audio cassette tape. Just aim and shoot. No separate VCR is needed. The PXL2000 camcorder plays back instantly on any TV or on the PXL2000 TV in a unique black and white image called Pixelvision.

The PXL2000 video system. It's a great new way to turn on your kids' imagination. At a price that's not out of your picture.



Fisher-Price

GOODY

ALPO
Beef Bite Treats for dogs

## LASSIE, COME HOME

*Help for canine runaways*

Does your dog go AWOL for days and then show up on your doorstep disheveled and unapologetic? Do you get calls from annoyed neighbors informing you that your dog has deposited unwanted fertilizer on their lawns? Could be your dog is a roamer.

You can cure a pet's wanderlust by teaching it the limits of your yard—and the dire consequences of straying beyond those limits. Our method consists of three parts:

First, walk your pet on a leash to the yard boundary. Pull up abruptly and say "no" when you reach the edge of the yard. Do this several times at different ends of your property. Next, get a helper to hold on to a training rope attached to your dog's collar. Then, walk toward the boundary with the dog beside you. When you reach the limit, say "no," and have your helper pull on the rope. As with the leash lesson, do this several times on all sides of the yard.



**Look for the reason your dog wants to roam.**

For the final lesson, stand just outside the boundary while your helper still has the dog restrained by the training rope. As the animal reaches the edge of the yard, have the helper again pull on the rope.

Until your pet learns the limits of your yard, you're smart *not* to take the dog out of the yard unless it's on a leash or in a car. That way, the animal will associate restraint with permission to leave the yard. Remember the power of positive reinforcement, too: Reward your pet when it *stays* in the yard.

If an older dog starts roaming, look for a reason. Is it bored and seeking companionship? Is it searching for a mate (neutering or spaying might be the answer)? If you can identify your footloose dog's motivation, try to satisfy that unmet need. If that isn't possible, go back to training. BH&G

GOODY
ALPO
Contains Real Meat
Jerky Bits
Beef Flavor Dog Snacks

## SIC DOG MANNERS

*inued from page 205*

### EASY RIDERS

*ndition your dog for car trips*



**ur dog should associate road trips with pleasant destinations**

me dogs love to ride in the car; others bark, jump, and scratch—making driving dangerous.

art teaching good car manners by ing short trips around the block ecially if your dog gets nauseous in ). Choose *pleasant* destinations on e hops: a nearby park, for example. e dog takes car trips only to visit veterinarian, it will associate driv- n a car with vaccinations and other easant experiences.

r jittery, wiggling canine passen- , a family member should ride g in the back seat of the car to e sure the dog sits still and rides efully. As you're driving, crack the low for your pet, but resist the otation to let its ears fly in the ze: The dog might jump out or have blown in its eyes and ears.

e best way to restrain dogs while e driving is to install the Doggie "seat belt" (available at pet shops; $12.99, depending on your dog's The belt—actually more of a harness—will keep Fido from hitting the windshield in an accident. The harness has been designed to evenly distribute the jolt of a sudden stop, so that your dog's neck and back aren't as likely to be injured. The Doggie Bag doubles as a collar, for use when walking your pet.

If you feel that buckling up your dog falls into the category of overdone coddling, consider the question from a selfish perspective: If your feisty schnauzer is strapped into a Doggie Bag, it can't claw across your lap while you're driving in heavy traffic.

Doggie Bags are available in four sizes. Choose a style that matches your car: How about washed denim or—what else—houndstooth check?

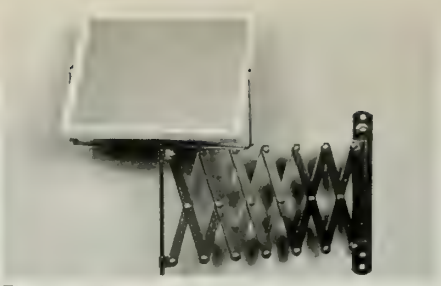
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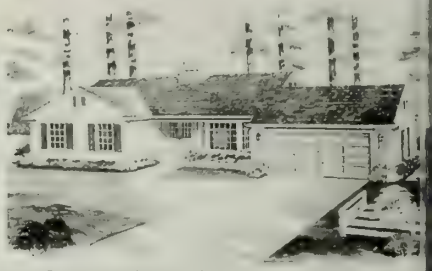


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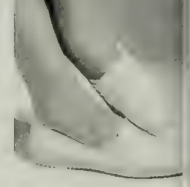


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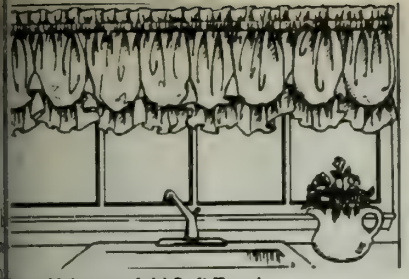
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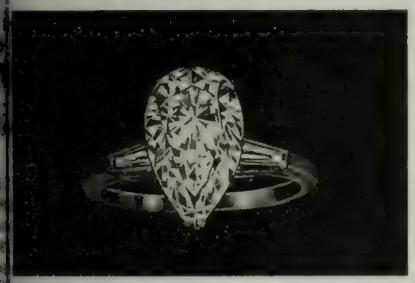


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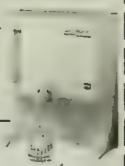
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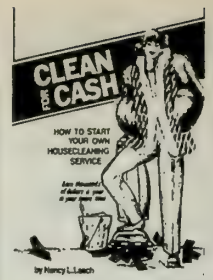
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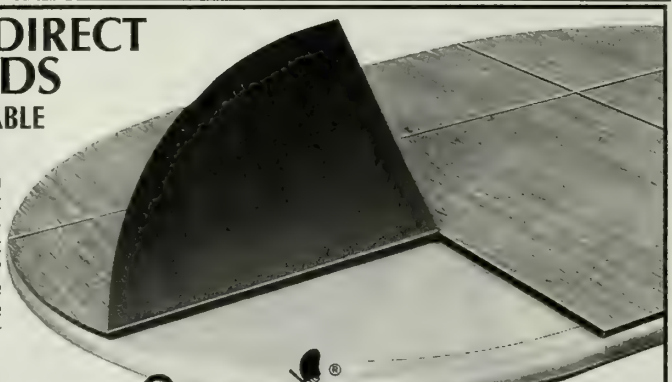
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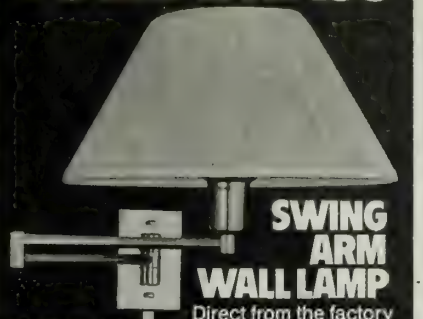
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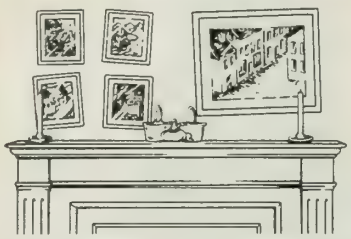
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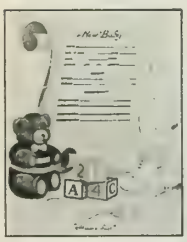
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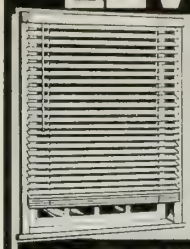
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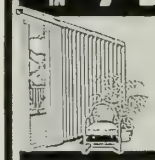
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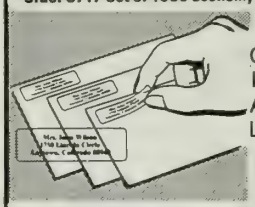
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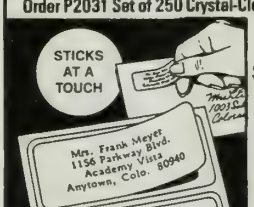

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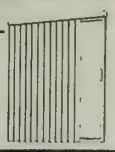
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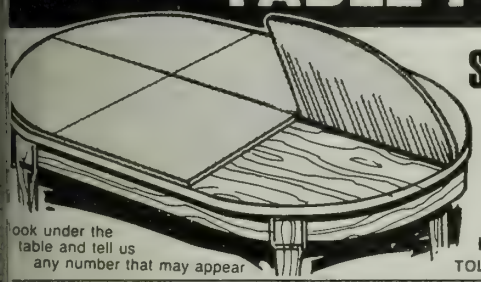
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"The teen years are a little like spring cleaning," suggests high school principal Ron Drury. "Things are thrown into a mess for a while, but eventually everything gets straightened out."

---

Lee Bayless says he never realized what a success he's become until he began reading the letters accompanying all the unsolicited credit card applications he's been getting in the mail.

---

Weekly checks on the bathroom scale show that I continue to hold my own in the unending battle against gaining weight—but I can't read the dial anymore without my glasses.

---

Elaine Cowen finds her automobile a little smaller than she prefers, but says that the monthly payments give her that big-car feeling.

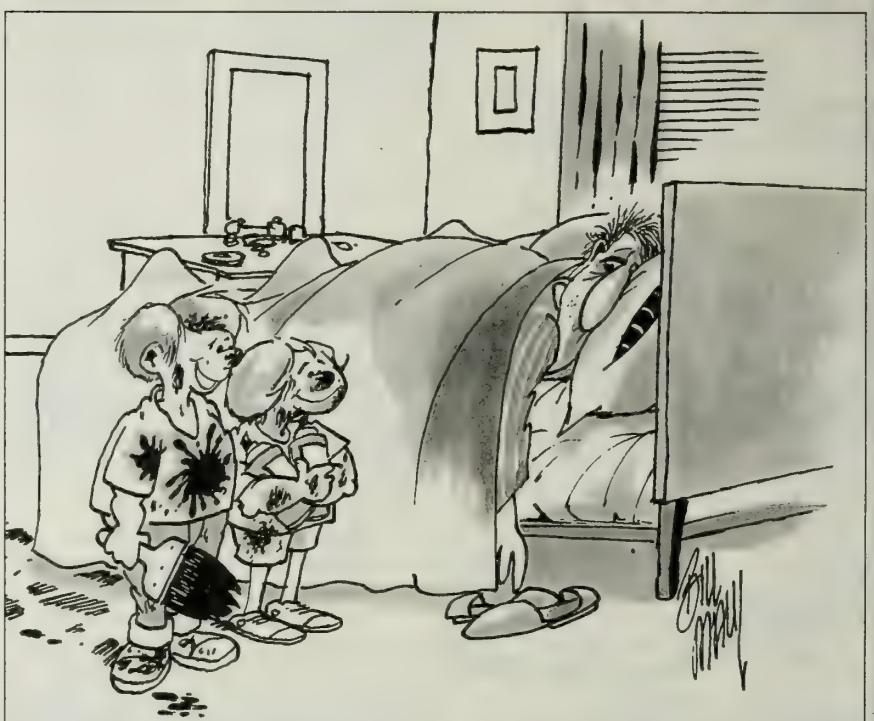
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Our Judy must have vivid memories of picking last year's bumper crop of leaf lettuce and bush beans. This year, she's suggesting we plant only pole beans, corn, and anything else she won't have to bend over to harvest.

---

Congressman Nick Hanfli is feeling pretty encouraged about his chances for reelection—especially since he heard his opponent referred to as "What's-His-Name."



*"Happy birthday, Dad. We couldn't afford a present, so we got up early and painted your car for you."*

Grandma Hillis reports her lawn mower usually starts on the first pull, but that it takes four or five tries to get Grandpa out behind it.

---

Dick and Dot Dresch say they'll have no trouble making vacation plans if they can just find a mountain cabin condominium next to a trout stream running to the beach where palm trees sway over a hiking trail next to the restaurant built over a campfire.

---

There's hope for the country yet, remarks grumpy Ned Carter. Now that walking is thought by many to be better exercise than jogging, the next logical step, he predicts, "will be sitting back and taking it easy."

---

"If it's free, it's advice," ruefully notes our friend Elaine Cowan. "If you pay for it, it's counseling."

---

Chris figures the kids would eat more fresh fruit if it came with dotted lines to cut along.

*Judy and I were in my workshop the other afternoon cleaning and oiling and sorting our fishing gear for the coming season, when she remarked off-handedly, "I'll be glad when Rosemary gets home from college."*

*Her comment took me by surprise. Judy leads a busy life, filled with school, scouting, fishing, and all the thousand other things youngsters her age enjoy. I was unaware that there was any time left in it for reflection, let alone thinking about her older sister.*

*"I will, too," I said, "but what makes you say that?"*

*"Oh, I don't know," she continued. "Things get livelier when she's home."*

*I agreed, and thought about how sweet sisterly love can be. "I think she's coming home for the weekend," I said.*

*Judy's face brightened. "Think she'll bring home that lavender sweater I used to borrow?"*

*Thank goodness for older sisters.*

Burton Hillis

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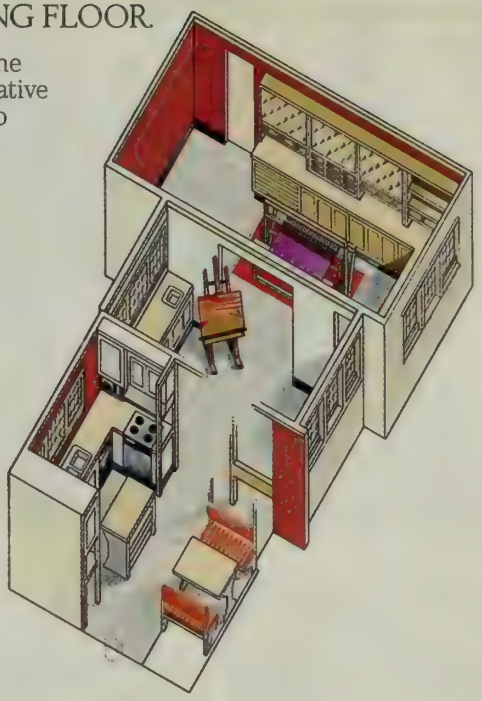
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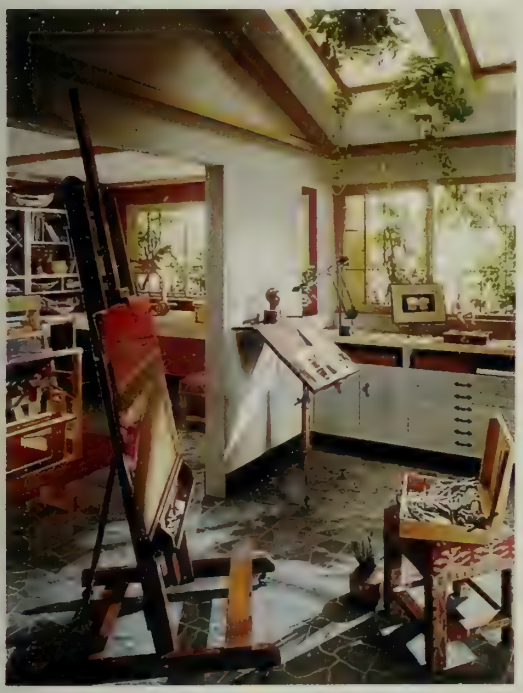
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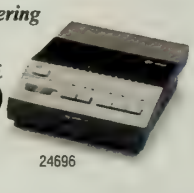
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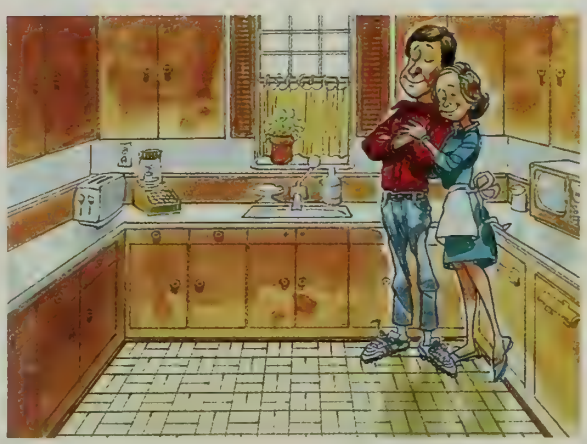
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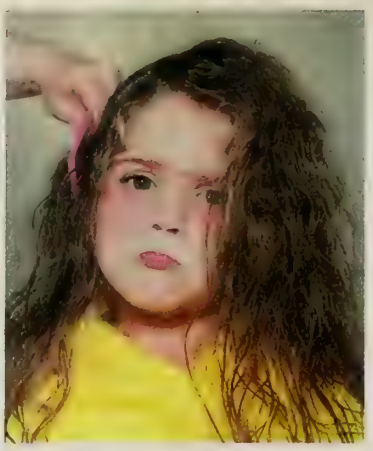
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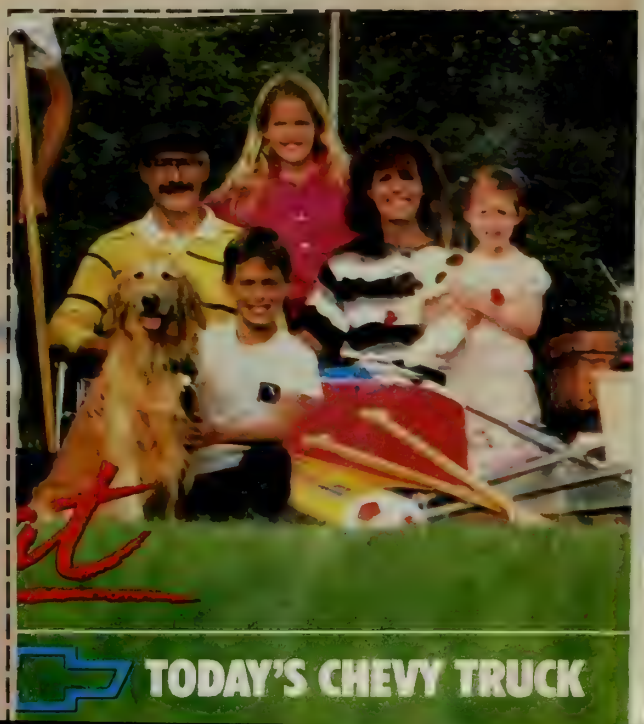
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GIVE SOMETHING TASTEFUL
THIS FATHER'S DAY. WITH BEST FOODS.



TODAY'S CHEVY TRUCK

# 60 seconds of health

*by Dr. Jerry B. Johnson*

### *Who says all calcium supplements are alike!*

By now, you're probably aware that most women need to supplement their diet with calcium to help keep bone healthy. Also be aware you should be choosey about which one you pick!

Many brands are packaged to look like



CALTRATE,® the best known calcium supplement. But independent laboratory tests proved CALTRATE *dissolves* fast for easy absorption, and many cheaper imitations *do not.* Calcium *must* be absorbed to do any good!

When you compare CALTRATE to other brands on the shelf, you'll spot even more advantages.

You'll find CALTRATE has the calcium *doctors recommend* most (calcium carbonate), and Posture® *does not.* That CALTRATE delivers *more calcium per tablet* than Os-Cal®—and it's not made from oyster shell. And a little simple arithmetic will tell you that just *one* CALTRATE *equals three* Tums®—*without the sugar.*

So think twice before you pick just any calcium supplement. Get the CALTRATE advantages.

It pays to be choosey.

### *Everything you take a fiber laxative for. And more.*

Another thing to be super-choosey about is your laxative.

Because, now, laxative science has developed a whole new way for you to enjoy healthy regularity and good digestive health. Its name is FiberCon.®




With FiberCon tablets, you'll get the fiber action of the leading bulk powder laxatives in more concentrated form.

And you'll get a healthful, natural nudge toward normal regularity that no harsh chemical laxative can approach.

Convenient? Two easy-to-swallow FiberCon tablets sure beats having to take a whole glassful of powdered fiber laxative. There's no measuring, mixing or thick liquid to drink with FiberCon.

What's more, FiberCon is far less likely to give you a bloated, too-full feeling. FiberCon is rich in calcium. And each tablet contains less than *one calorie!*

Next time you need a laxative, get the one with more benefits for your body.

Look for FiberCon.

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# EDITOR'S LETTER

## A Welcome Trend

**Dear Reader,**

Of all the changes in our lifestyles over the last dozen years or so, often coming at us with bewildering speed, the latest big shift is one I hope we will hang onto.

We've heard some trendy names for this phenomenon, like "cocooning," but it boils down to a determination to make our homes the center of our leisure-time activities.

The reason for this trend is no big surprise. As many of us have found our business and family lives growing ever more hectic, with such problems as trying to balance two careers against the demands of parenting, we've been inspired to try harder to create havens of sanity and civility in our homes.

***"We've spent countless hours there on warm summer evenings with friends, sipping wine and quietly talking, talking, talking against the soothing background of night sounds."***

And in this most wonderful and gorgeous month of the year, of course, the trend moves outdoors. More and more of us are extending our living areas into our backyards, turning our outdoors into integral parts of our homes.

In the words of Managing Editor Kate Greer, this issue of *Better Homes and Gardens* is a celebration both of that trend and of the wonderfulness and joy of summer.

"Pretty is back," she says, and we're showing it in the stylish and elegant treatments of outdoor furniture, patios and decks, in new dishes for outdoor dining, and just generally in a burst of summer enthusiasm.

I'm especially charmed with the porches you'll see in this issue; two



BARBARA MARTIN

**I wish ours looked this good . . .**

lovely examples of restful, inviting outdoor rooms (see our cover and "Pretty Porches," *page 114*). It's probably because these places remind me a lot of the pleasures of my own porch. Actually, I'm not sure that what we have qualifies as a porch—it's a sort of roofed-over area extending from our garage into our patio.

We call it "Halfway House," a name given to it by some friends who found it a good place to stop about halfway home from work.

We've spent countless hours there on warm summer evenings with friends, sipping wine and quietly talking, talking, talking against the soothing background of night sounds. It's an especially pleasant place to be during an evening of warm and gentle rain.

Of course, our porch isn't nearly as well turned out as those shown here, but I just might be inspired this summer to spiff up ours a little more.

So, let's welcome pretty, frilly, elegant, and tasteful; and right along with all those things, a slowing down, a relaxation of tension, an appreciation of time together, and a lowering of voices.

Doesn't that sound wonderful!

David Jordan

David Jordan, Editor

# It gives the bedtime snack a new dimension.

Ahhh, there's nothing like hitting a snack before hitting the sack.

And there's nothing like the GE SpaceCenter 27 refrigerator to satisfy even the most dedicated peanut butter and jelly pirate.

It offers extra-deep door shelves with an appetite for gallon-size milk containers to go with your cookies.

Extra-large storage bins are individually controlled for just the right temperature and humidity.

It has Quick Serve™ under-shelf trays that can be popped directly into the microwave, freezer or dishwasher.

You can even get ice water, ice cubes or crushed ice right through the door.

And since it has the largest capacity of any refrigerator in its class, it can handle even the biggest bedtime binges.

Of course, it's all backed by our 90-day, money-back Satisfaction Guaranteed program.* And the GE Answer Center® service can answer all your questions at 800-626-2000. Plus give you the name of your local GE dealer.

The SpaceCenter 27.

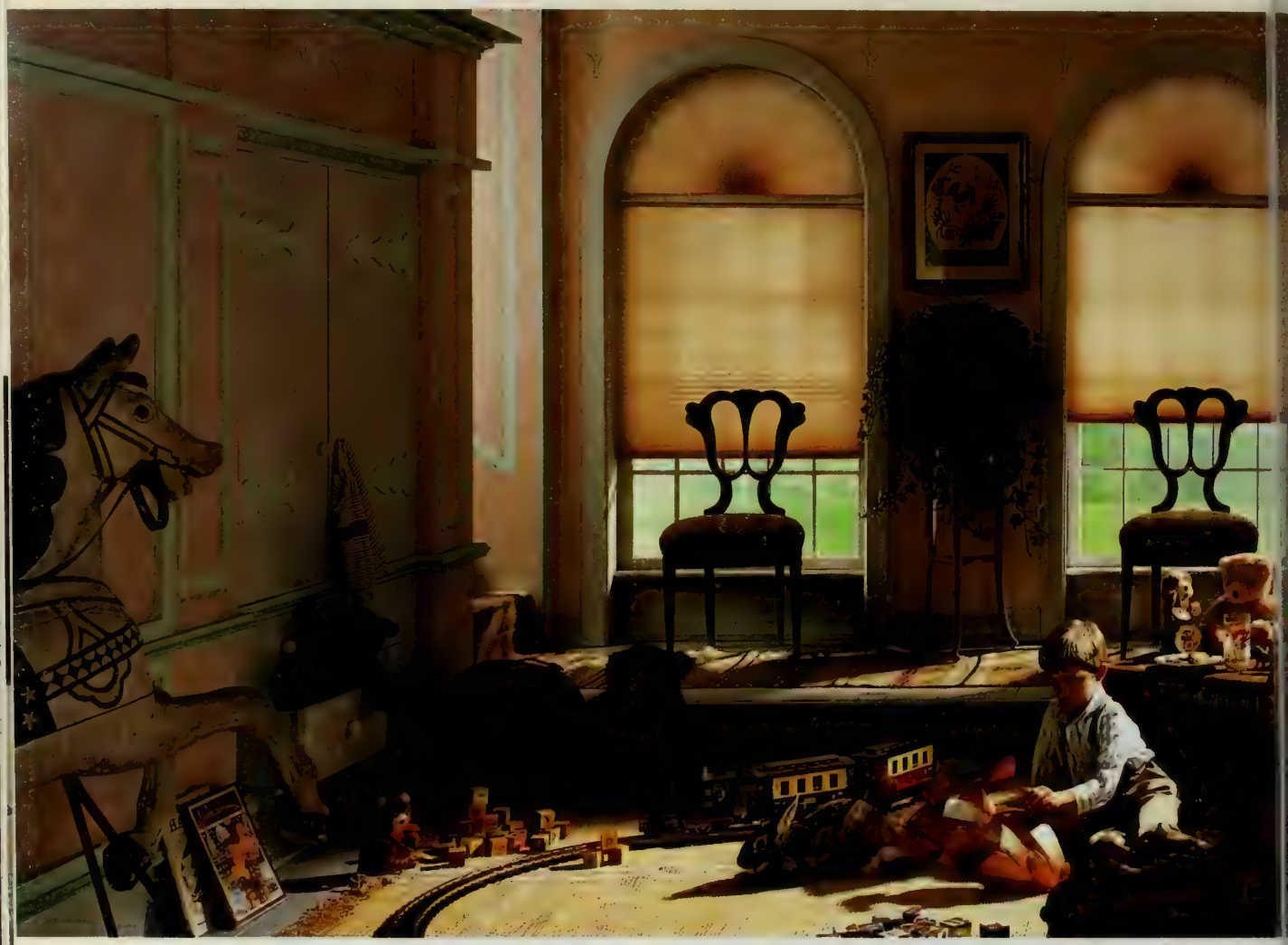
When you see how much it offers, you'll think you're dreaming.

*Applies to retail sales.



*We bring good things to life.*

# NEW DUETTE® WINDOW FASHIONS MAKE ANY ROOM COME TO LIFE.



**There's nothing else quite like Duette® window fashions.** Now it's easy to transform any room in your home with the incomparable beauty of Duette shades. Because only Duette combines so many quality features into one ultimate window fashion.

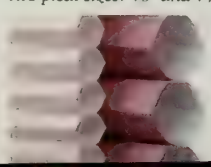
You'll know how special a Duette-dressed window is from the moment you first see one. Light filters through the soft, translucent fabric in a warm, radiant glow. Now touch it. The delicate texture will delight your senses. And fire your imagination.

**Enhance any decor with a rich distinctive look.** You might wonder what you can do with a window fashion this unique. Rather, ask what *can't* be done, because the Duette look is as versatile as it is beautiful. The exclusive honeycomb design gives great strength, allowing you to cover windows of virtually any shape and size with a luxurious expanse of seamless fabric.

This unique construction also lets you choose from a full range of designer colors which face inside, while maintaining a consistent white outside. And it easily complements other window treatments. Combine them and turn an ordinary room into a showcase.

**Ready for the magic?** Just call us. We'll send you a catalog packed with ideas and information about Duette products. Like easy maintenance, superior energy efficiency and guaranteed* durability.

*The innovative honeycomb design provides strength and energy efficiency. It's available in two pleat sizes: 3/8" and 3/4".*



Best of all, we'll send you a Duette sample. Because even though it seems like magic, seeing is believing.

Duette window fashions are available at custom window covering and fine department stores. For your free catalog and fabric sample, call 1-800-32-STYLE, or write to Hunter Douglas Window Fashions, Department B, P.O. Box 5505, Peoria, IL 61601.

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by HunterDouglas

*Like no other window covering in the world*

*Contact Hunter Douglas for more information on the Duette three-year Limited Warranty.

*This product is covered by one or more of the following U.S. patents, in addition to many foreign patents and other pending U.S. patents: 4,450,027 4,603,072. Made in USA.*

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# FAMILY NETWORK

## Readers' comments and solutions to family and community problems

### Competing grandmothers

More than 400 of you answered the letter from the woman who feels forced to compete for her grandchildren's love with the other, wealthy grandmother. A sampling of letters follows:

Perhaps she is competing with you and the memories you're giving your grandchildren. Why don't you include her in the next outing? Toys and gifts wear out, but memories last forever.

*Julie R. Brossette*
*New Orleans, La.*

I also am a grandmother who can't afford costly gifts, and my grandchildren's wealthy grandparents asked why the grandchildren prefer me. My answer was that the kids say I make them feel important. From the time they have been old enough to play, I have always joined right in with them.

*Mrs. Maurice Schinbeckler*
*Fort Wayne, Ind.*



PERRY STRUSE

***Many readers say that spending time with grandchildren is more important than spending money.***

Please stop thinking of yourself as "competing." What you are doing is building relationships of love, based on shared experiences, conversations, sad times, and glad times. This is what gives children roots, a history, a past.

*Mrs. Robert Yamachika*
*Whitefish Bay, Wisc.*

Caught as the mother between two similar grandmothers, I used the opportunity to teach my children that both grandmothers adore them, yet show it in different ways. Both grandmothers have a wonderful relationship.

*Kay Marcus*
*Colorado Springs, Colo.*

You do not have a problem. Your daughter, son-in-law, and his mother have the problem. Be yourself, and let the gifts fall where they may.

*Mrs. Robert L. Nock*
*Dayton, Ohio*

### Breakfast sugar

My day-care children wanted the high-sugar cereals. I buy high-sugar cereal and we use it sparingly as topping for more healthful cereal.

*Sandy Kuzma*
*Minneapolis, Minn.*

**WRITE TO US**

Family Network welcomes letters describing how you solved problems involving family or community; or letters asking for help with an unsolved problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.


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TO JANUARY 1, THREE YEARS LATER, THEY'D STILL WORK.

# THIS SIDE OF THE FLOOR IS DRY.

When a lot of cleaners dry, you know it. They can leave your floor looking streaky and dull.

# THIS SIDE OF THE FLOOR IS DRY, TOO.

**MR. CLEAN DRIES VIRTUALLY STREAK FREE, SO IT LOOKS SHINY WET, EVEN WHEN DRY.**




ANOTHER LEADING CLEANER

MR. CLEAN

# SUMMER-FUN ALMANAC

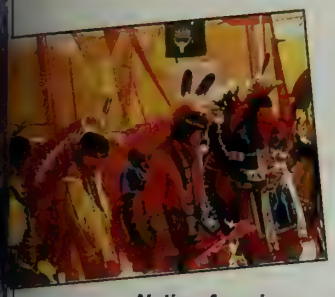
## FESTIVITIES THAT CELEBRATE THE SEASON; GOOD TIME FOR FAMILIES, FRIENDS

Edited by Mark Ingebretsen

**Americans love to celebrate summer. From backyard cookouts to beach parties, we pleasure in each other's company. It's no surprise then that all across America you'll find super summer festivals that invite you to join in the fun and games. Accept and enjoy!**

### TEXAS FOLKLIFE FESTIVAL

*August 6 to 9*



*Native Americans celebrate in San Antonio.*

The many groups who contributed to Texas' colorful history meet in San Antonio. Where else can you find Indian rain dancers performing beside high-kicking cossacks? ***San Antonio Convention and Visitors Bureau, Box 2277, Dept. BHG, San Antonio, TX 78298 (512/270-8700).***

### SEATTLE SEAFAIR

*All summer long*



*Lego-building contests at Seafair.*

Folks in Seattle commute to work via ferryboat and spend their weekends sailing. Their festivals naturally have nautical themes. At Seafair, boat races, beach volleyball contests, and visits by marauding pirates take place almost every day, making Seattle a worthy stop on your northwest vacation. ***Seafair, 414 Pontius Ave., N, Suite C, Dept. BHG, Seattle, WA 98109 (206/623-7100).***

### THE MINNEAPOLIS AQUATENNIAL

*July 16 to 24*



MERLIN QUIGGLE AND SHER STONEMAN

*Creative and silly competitions in Minneapolis.*

Ice covers Minnesota's lakes all winter. So, locals act a little silly each summer. Witness the milk-carton races, sand sculpture contests, and the giant tug-of-war at the Minneapolis Aquatennial Festival. Fairs and sports events go on all over town. Special programs—a fishing tournament for handicapped kids, a "prom" for oldsters—let everyone take part. ***Minneapolis Aquatennial Assoc., Commodore Court, 702 Wayzata Blvd., Dept. BHG, Minneapolis, MN 55403 (612/377-4621).***

### NATIONAL BALLOON CHAMPIONSHIP

*July 29 to August 6*



DAVID JORDAN

*Aloft in Iowa.*

Balloons fill the summer-hot air over Indianola, Iowa. Ascents take place daily near dawn and dusk hours, when winds are calm. Townsfolk rise to the occasion with concerts and exhibits. Bring a camera and plenty of film. ***U.S. National Hot Air Balloon Championship, Box 346-BHG, Indianola, IA 50125 (515/961-8415).***

*continued on page 19*

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# LOWEST TAR CHAMPION.




## NOW MENTHOL IS LOWEST

## By U.S. Gov't. testing method.

ALL BRAND STYLES ABOVE ARE 100mm.

Competitive tar levels reflect either the Jan. '85 FTC Report or FTC method.

BOX: Less than 0.5 mg. "tar," less than 0.05 mg. nicotine, SOFT PACK FILTER, MENTHOL: 1 mg. "tar," 0.1 mg. nicotine, av. per cigarette, FTC Report JAN. '85; BOX 100's: Less than 0.5 mg. "tar," less than 0.05 mg. nicotine, SOFT PACK 100's, FILTER: 2 mg. "tar," 0.2 mg. nicotine, SOFT PACK 100's, MENTHOL: 3 mg. "tar," 0.3 mg. nicotine, av. per cigarette by FTC method.

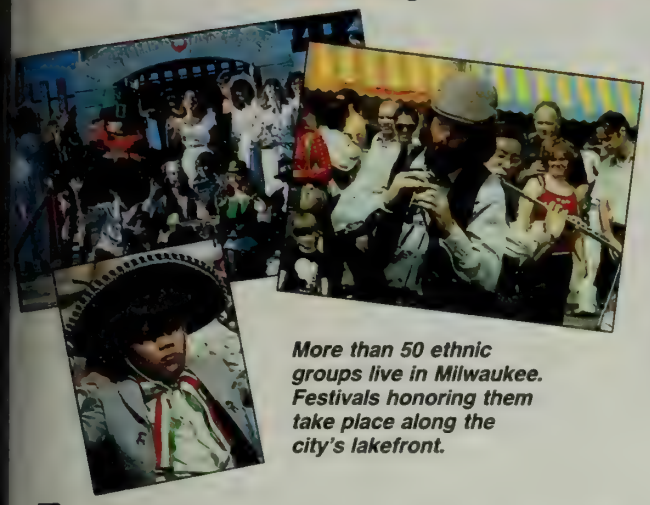
SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

continued from page 17

# SUMMER-FUN ALMANAC

## MILWAUKEE'S ETHNIC CELEBRATIONS

*All summer long*



*More than 50 ethnic groups live in Milwaukee. Festivals honoring them take place along the city's lakefront.*

Join the ethnic groups that really made Milwaukee famous. There's dancing, costumed parades, and lots to eat: souvlakia at the Greek festival (July 7–10); escargot at the French Festival (July 14–17), pasta at the Festa Italiana (July 21–24), and for dessert, strudel at the German Fest (July 29–31). ***The Greater Milwaukee Convention and Visitors Bureau, 756 N. Milwaukee St., Dept. BHG, Milwaukee, WI 53202 (800/231-0903).***

## COUNTRY MUSIC IN TENNESSEE

*All summer long*

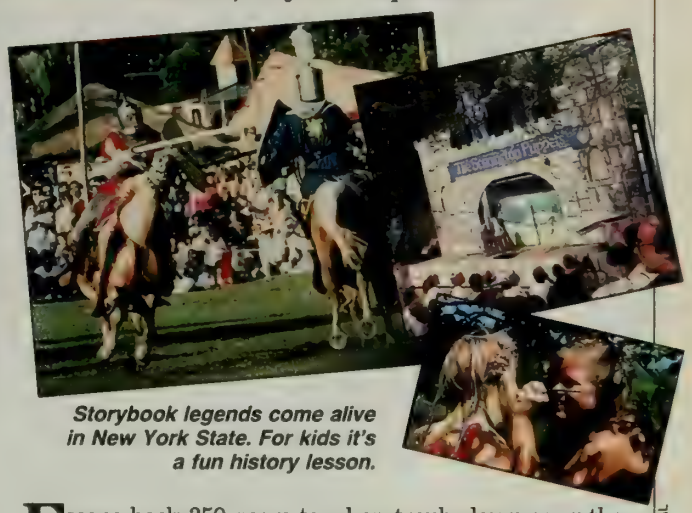



*Country music fans converge on the Volunteer State, home to Nashville and Elvis.*

You could write a song about Tennessee's country music events: The Dollywood Music Festival (mid-June–early July) in Pigeon Forge, Fiddler's Jamboree in Smithville (July 1–2), Uncle Dave Macon Days in Murfreesboro (July 8–10), Tennessee Bluegrass Festival in Savannah (July 4), Elvis Tribute Week (Mid-August) in Memphis. ***Tennessee Tourist Development, Box 23170—BHG, Nashville, TN 37202 (615/741-2158).***

## NEW YORK RENAISSANCE FESTIVAL

*Weekends, July 30 to September 18*



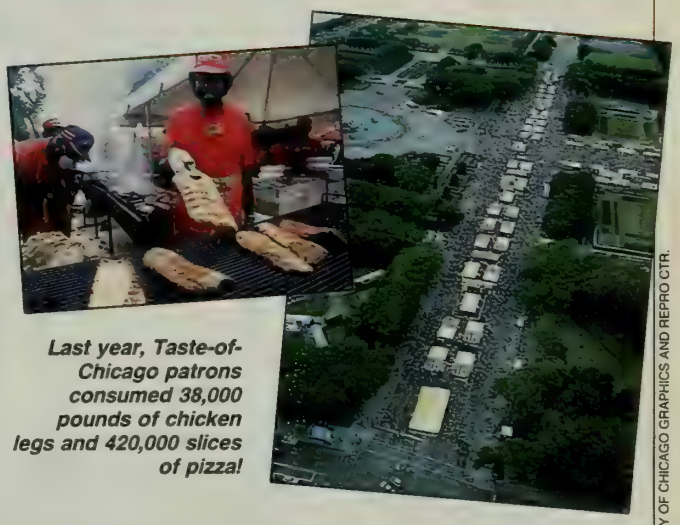
*Storybook legends come alive in New York State. For kids it's a fun history lesson.*

NEW YORK RENAISSANCE FESTIVAL

Escape back 350 years to when troubadours sang the hit parade and jousting knights were as popular as football players. Sterling Forest Gardens (45 minutes from Manhattan) re-creates the era with puppet shows, Shakespearean plays, and a chess game where actors sword fight to occupy squares. Tickets: $12 adults, $5 kids (under 6 free). ***New York Renaissance Festival, Box 844-BHG, Tuxedo, NY 10987 (914/351-5171).***

## TASTE OF CHICAGO

*July 1 to 10*



*Last year, Taste-of-Chicago patrons consumed 38,000 pounds of chicken legs and 420,000 slices of pizza!*

CITY OF CHICAGO GRAPHICS AND REPRO CTR.

Chicago—that city of big shoulders—never much went in for small-portioned *nouvelle cuisine* meals. When Windy City residents throw a party, expect hefty platefuls of barbecued ribs, steaks, ice cream, and all-American apple pie. Two million hungry folks attend. We're putting our diet on hold. ***Illinois Office of Tourism, 310 S. Michigan Ave., Suite 108, Dept. BHG, Chicago, IL 60604 (312/793-2094).*** BH&G

INTRODUCING NEW SEVEN DAY STAIN STICK™ FROM SPRAY 'N WASH

# Now you can put off washing till the end of the week!



"When I've got a tough stain,




I treat it with new **Stain Stick**




and can put off washing for a day




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Or four days...




Five




I love this!




Or anytime up to a week!"






Try new **Stain Stick** from Spray 'n Wash.

**For stains you thought would never come out.**




TEXIZE Greenville, SC 29602 Division of Dow Consumer Products Inc. © 1988 DCP

# KIDS' STUFF

## PLAY STRUCTURES YOU CAN BUILD

By Jane Austin McKeon

**On days when staying home is the rule, a play structure will give your kids all they need for hours of entertainment. Versatile features on these custom units grow with changing interests.**

### ▼ Play it safe

It's time to give your children an attractive, sturdy play structure if their flimsy, store-bought unit gets a safety rating of PG, parental guidance only. For long-term satisfaction, use top-quality materials that stand up to years of rugged use.

Built of durable, pressure-treated lumber, the simple project (*below*) features two 3½-foot-high platforms: a 4×4-foot open platform and a 4×6-foot roofed platform.

Safety gets top priority. Sturdy climbing bars on the jungle gym and 30-inch-high walls around each platform discourage daredevil stunts. To avoid kid collisions, the swings are given wide clearance off to one side.



PHOTOGRAPHS, MARIS/SEMEL DESIGN, JAY EMMERT PLAYCREATION, INC. FIELD EDITOR, BONNIE MAHARAM

**A LITTLE HOUSE OF THEIR OWN.** For more building information, order Project Plan No. 50780.

### ◀ Cultivate creative imaginations

Creativity comes into play when your children pretend to be grown-ups in a little house of their own. This 5×6-foot playhouse (*left*) is built of 1×6 cedar on top of an 8×10-foot deck. Climbing home is an adventure in itself on the chain-supported clatter bridge. A sea of pea gravel cushions tumbles.

### ▼ Build healthy, strong bodies

Recycled rubber tires are the favorite feature on the tree house (*below*). Creating a fun uphill obstacle course, the tire climb hones kids' coordination skills. The 6×6-foot platform stands 5½ feet above ground level and is surrounded by a sturdy, 30-inch-high safety railing.

Specify plan and send a check for $6.95 each to BH&G® Reader Service, Dept. 22Y, Box 374, Des Moines, IA 50336.



**PLAYTIME JUNGLE GYM.** For more building information, order Project Plan No. 50778.



**BACKYARD BODY BUILDER.** For more building information, order Project Plan No. 50779.

# BACKYARD SPA

## IN STEP WITH STYLE

**Small backyards are limiting only if they're not used to their full potential. Fitting neatly into a corner of a pocket-size property, this spa creates a secluded spot for unwinding.**

### Soaking and sunning in solitude

After a hectic workday, Lloyd and Edite Robinson of Seattle, Washington, retreat home to their private resort. A prescription for rest and relaxation, the couple's compact spa (*right*) adds aquatic fun to their small yard without subtracting space for landlubbing activities.



PHOTOGRAPH: MIKE JENSEN. DESIGN: TOM BERGER. FIELD EDITOR: TRISH MAHARAM.

**AN URBAN OASIS.** Coming home to aquatic comfort.

### Small-space strategy

Eliminating lawn care was the Robinson family's goal when they redesigned their tiny city lot. "We wanted something structured and maintenance free," says Edite. "What we created is an outdoor 'room,' an intimate space where people feel invited to be outdoors."

Paved with bricks, the old lawn is now a formal patio that, except for an occasional sweeping, allows the couple to spend all of their outdoor hours sunning and soaking. Matching brick steps hide the sides of the fiberglass spa.




# Bring your home to Pella

*We'll help design a sunny bay to show your kitchen in a whole new light.*

*Pella's new Pleated Shade stays clean and crisp between panes. Choose your color.*

*Surprisingly affordable.*



*Choose operable skylights for cooling breezes.*

*Solid wood beauty inside, easy-care enameled aluminum outside.*

*Available Rolscreen® rolls up like a window shade when you don't need screens.*

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Please send my free 20-page book of Windowscaping™ ideas for Pella wood windows, doors, sunrooms and skylights.
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**Mail to:** Pella Windows and Doors, Dept. C01F8, 100 Main Street, Pella, Iowa 50219. Also available throughout Canada. ©1988 Rolscreen Co.

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# If you think it's tough to set a terrific outdoor table, just throw in the towel.



When it comes to preparing food and entertaining, no one makes it easier or more tasteful than Martha Stewart.

She's written five books, including *Entertaining* and *Quick Cook*. She's also a contributing editor for *Family Circle*. And syndicated in newspapers nationwide.

And now, as the entertaining and lifestyle consultant for Kmart, she'll be helping our customers with great ideas on everything from recipes to cookware to table settings.

For instance, taking inexpensive flatware, glasses and dish towels and mixing their colors, patterns and styles, is an easy way to make an outdoor table totally unexpected and festive.

And since outdoor eating often means eating with our hands, the dish towel idea is especially practical.

Even cleaning up is easy. The glasses and flatware go in the dishwasher. Then, head for the washing machine, and throw in the towel.

Come to Kmart where our Kitchen Korner is stocked with everything you'll need to make Martha Stewart's ideas work for you.

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Kmart® the Saving Place



**America's best-selling mini-van?***

Your first look tells you Aerostar is a superbly versatile mini-van, with a style all its own. Its design is sleek, modern, aerodynamic. The wind works for it, not against it. With luxurious touches throughout and its special options, Ford Aerostar is America's best-selling mini-van.

**New Eddie Bauer style.**

This year there's a sporty Eddie Bauer® model with dual front Captain's Chairs, special two-tone paint, unique interior appointments, and more. It's Aerostar with the good looks of the great outdoors!

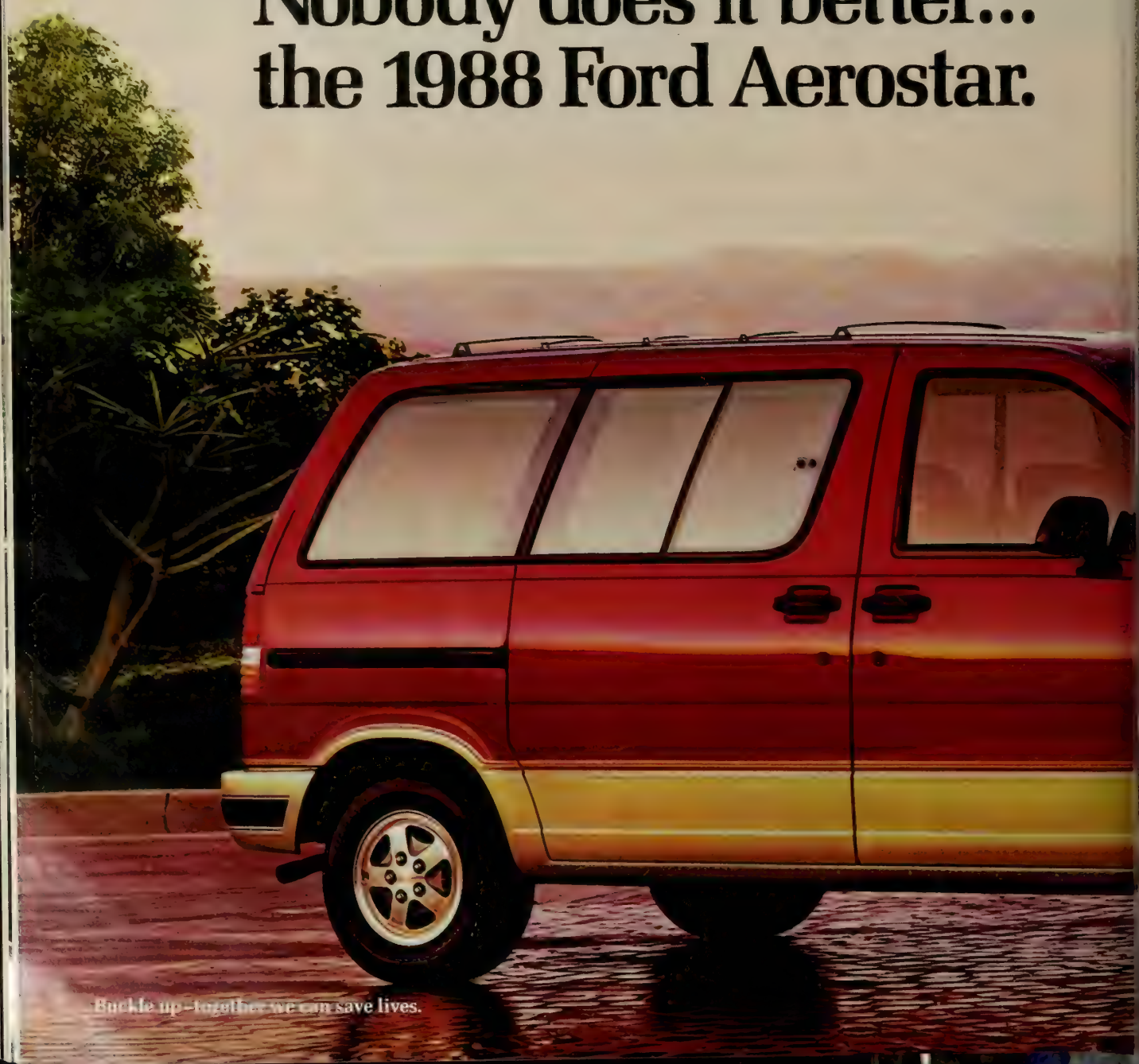
**Designed to move you.**

But Aerostar's success isn't based only distinctive looks. Its standard 3.0L V-6 has multi-port Electronic Fuel Injection for eas starting and smooth running. It delivers a spirited 145 horsepower. That's greater th any Chrysler mini-van. And it's powerful enough to tow an impressive 4900 lbs.**

**Living room.**

Aerostar's advanced styling gives you loa of useable space. It comfortably seats up t 7 people.† Or remove both rear seats, and create 139 cu. ft. of cargo space. You can even convert Aerostar into a sleeper with t

# Nobody does it better... the 1988 Ford Aerostar.



Buckle up–together we can save lives.



.ding seat-bed option.† All this in a mini-
n that's a breeze to handle and park, prac-
ally anywhere, even inside your garage.

**Year/60,000-Mile Powertrain Warranty.** Covers major powertrain components for 6 years/ 60,000 miles. Restrictions and deductible apply. Also, participating dealers back their customer-paid work with a free Lifetime Service Guarantee, good for as long as you own your vehicle. Ask to see these limited warranties when you visit your Ford Dealer.

**Ford. Best-Built American Trucks...seven years running.**

Based on an average of owner-reported problems in a series of surveys of '81-'87 models designed and built in North America. At Ford, "Quality is Job 1."

*Based on manufacturer's reported model year retail deliveries through July 31, 1987. **When properly equipped. Towing rating is reduced by passenger and cargo weight in towing vehicle. †With optional rear bench seat. Seat-bed optional on XL only.

**Have you driven a Ford...lately?** Ford



# LEASE OR BUY

## LEASING A CAR MAY BE THE BETTER DEAL FOR YOU

By Mike Knepper

**The new tax rules and other benefits make leasing a smart alternative for many car buyers. The trick is to match your needs with the right deal.**

### What's the difference?

With conventional financing, you contract to pay, over a specified amount of time, the entire purchase price of a car, less the value of a trade-in or a down payment, or both—plus interest.

With a lease, you pay for only a portion of the car's value. To put it another way, you pay only for what you use, over a specific period of time, just as you would pay for rental office space.




STEVE BJORKMAN

### HOW DO COSTS COMPARE?

Here's a sample of how leasing a $14,000 car for 48 months would compare to buying with an 11-percent (APR) loan for someone in the 28 percent tax bracket, who lives in a state with a 5 percent sales tax. Final residual is 40 percent ($5,600) of original price.

| | DOWN PAYMENT | SALES TAX | MONTHLY PAYMENT | FINAL COST*** TOTAL |
|---|---|---|---|---|
| LOAN | $1,400 (10%) | $700 | $341.94 | $10,331 (1) |
| | | | | $11,092 (2) |
| LEASE | $576* | $632 | $276.27** | $10,114 (1) |
| | | | | $11,685 (2) |

*One monthly payment, plus a security deposit of $300.
**Includes $13.16 a month sales tax
***Tax deductions 40% interest this year, 20% next, 10% in 1990. Final cost numbers assume alternate use of down payment and other initial costs: paying off credit card loans at 15% (1), or as investment at 7% return (2).
**Source:** Bank Lease Consultants, Inc.

### How does leasing work?

Most leases run for 36 or 48 months, some up to 60 months or more. The *Kelly Blue Book Leasing Guide* and other surveys are updated regularly to show what the leasing industry currently believes the value of a car—called the residual—will be at the end of the lease.

Residuals depend on the type of car and its market appeal. From 30 to 50 percent of original value is typical, for example, on a four-year deal. Lease payments are computed to cover the difference between the new price and the residual, plus sales tax, cost of funds to the dealer for purchasing the car, the dealer's profit, and—with some lenders only—an origination fee of about $150 or $200.

*—Mike Knepper is a free-lancer whose articles appear regularly in major auto magazines and consumer publications.*

### Lower monthly payments

The interest you pay—generally half a percentage point or so less than those on car loans—is figured on the full price of the car, not the difference between the cost and the residual. But because the total being paid off is considerably less than the typical balance due on a purchased car, monthly lease payments can be 20 to 30 percent less than conventional loan payments for the same car. (See chart for a sample comparison of leasing and buying.)

### What are the benefits?

- You pay less cash up front. A conventional purchase requires a substantial amount of cash when you close the deal: 10 to 20 percent down (including trade-in value of your present car), plus a sales tax based on the total price of the car. The up-front costs of a lease generally include the first month's payment, plus a refundable security deposit equal to about a month's payment.
- The sales tax is spread over the life of a lease. That helps your cash flow, especially because sales taxes are no longer deductible. What's more, the sales tax is based, not on the original purchase price, but on the difference between that and the residual plus financing and other costs to the dealer.

As a result, the tax runs to only a few dollars in each payment. When you buy a car, depending on where you live, the sales tax can run several hundred nondeductible dollars out of pocket right off the top.

- Interest on car loans, deductible under the old tax laws, is being phased out as a tax deduction, so the less you have to borrow, the better. (You're allowed to deduct 40 percent of the loan interest this year, 20 percent in 1989, 10 percent in 1990, none in the years following.)

### What happens when the contract ends?

With a conventional financing contract, you own the vehicle once you've paid off the loan. At the end of a lease, most of which are "closed-end" contracts, you can walk away even if the car is worth less than the anticipated residual. The dealer may collect from your deposit for damages or excess mileage, but that's it. And if the car is worth more, in many leases you can pay just the residual amount, then sell the vehicle and pocket the difference. (Read the purchase option carefully.)

**Note:** Don't confuse today's deals with the once-common "open-end" leases. Less expensive than closed-end contracts, open-end leases allow you to pay just the residual to purchase the

*continued on page 31*



# Whirlpool announces the first see-food refrigerator.

You'll never have to hunt for food again. Not in the back of the refrigerator. Not in the nooks and crannies of the freezer. Not anywhere. Because this new Whirlpool® refrigerator lets you see food better than you've ever seen it before.

**Now there's nowhere for food to hide.** You'll find just what you're looking for in this new Whirlpool refrigerator. Want something way in back? No problem. Now every shelf slides out so you can see and reach everything easily. Plus big gallon containers and three-liter bottles fit right in our adjustable door shelves.

Even the freezer makes finding food easy. Four big baskets in two different depths provide plenty of room for different shapes and sizes of food. And they all slide out to help you organize everything—and keep it in plain sight.

**See how easy it is to keep clean.** Whirlpool refrigerators have easy-to-clean interiors. Many have smooth glass shelves that wipe up easily, and special Spillguard™ shelves have raised edges to help contain spills. Vegetable crispers, meat keepers and bins remove for easy cleaning. And, of course, our textured steel doors help hide fingerprints.

**We'll make it right, or we'll replace it free.** You'll be satisfied with the quality and performance of your new Whirlpool appliance. Repairs, if needed, will be to your satisfaction...if not, we'll replace it free for up to a year.* That's part of our 100% Customer Commitment. And it's one more way we make your world a little easier.

Whirlpool
Home Appliances
Making your world a little easier.

*Retail purchases in the 50 states after June 1, 1987. Non-commercial use by original owner. Excludes range hoods. ©1988 Whirlpool Corp.



Doll shown much smaller than actual size of 23 inches in hei




## CAR LEASING

*continued from page 26*

car even if it is worth more, but require you to pay the difference if the car is worth less than the residual. Open-end contracts generally are available only to commercial lessees now. **Note:** Some hybrid closed-end contracts reserve the right to collect the first two or three months' payments for "potential deficiencies." That generally lowers your monthly costs a bit and encourages you to take better care of the car.

### What are your responsibilities?

Although the car is actually owned by someone else, with rare exception you'll have to provide insurance and maintenance. You're also responsible for wear and tear up to the limits stated in the contract. Most leases allow 15,000 miles of use a year, so you'll be charged for additional miles at the end of the lease—typically, from 6 to 10 cents a mile, sometimes more with more expensive cars.

*Leasing requires less cash than a loan, and your payments will be lower. But compare all costs carefully.*

### Who should lease?

Leasing can work especially well in such situations as these:

- No car to trade in. This could be true of a young couple needing a first car, or an established family now requiring a second or third car. For any number of reasons there may not be a car to trade in, and that means an onerously large down payment and/or hefty monthly payments with conventional financing.
- Limited cash reserves, but good cash flow. Some young couples may have plenty in their pay envelopes, but little put away. Or, they're saving for other purposes, such as a down payment on a house. Although monthly payments are no problem, a car down payment and sales tax could clean them out.
- Limited mileage driven. Drivers who stick to an average of 15,000 miles a year or less won't face additional mileage costs. Examine your habits and the contract's terms accordingly.
- Strong desire for an expensive model. This is the least businesslike, most self-indulgent reason to lease—but it's not uncommon. Quite simply, for a given monthly payment you can lease a more expensive car than you can buy.
- Reluctance to use cash. A down payment exists as equity in a rapidly depreciating asset, and that isn't the best money management technique. What's more, the money paid for sales tax is a goner from the start. But there is a catch. "Anyone considering a lease should also consider their investment opportunities," says Randall McCathren, of Bank Lease Consultants. That means taking cash not used for a down payment and the money saved on monthly payments and putting it where it will work best for your future.




True chocolate lovers draw the

© 1988 Hershey Foods Corporation

JUNE

# GARDENER'S LOG

By Douglas A. Jimerson and Jane Austin McKeon

## SUMMER CARE FOR SHRUBS

*Prune after flowering*



PHOTO: MARIS/SEMEL. FIELD EDITOR: B. MAHARAM

**French hydrangea.**

June is the best month to prune flowering shrubs that produce blossoms on old wood (the previous year's growth).

**Shape up** the following shrubs as soon as their flowers fade: broom, deutzia, flowering almond, forsythia, hydrangea (*above*), kerria, lilac, pussy willow, spirea, weigela, and witch hazel.



PHOTO: KEN WHITMORE. FIELD EDITOR: JOAN DEKTAR

**Bougainvillea grows only in warm climates.**

## COVER UP WITH VINES

*There's still time to plant*

Flowering vines are still available this month at greenhouses and garden centers. Sold in gallon containers, these climbers will quickly conceal unsightly areas of your landscape. Favorite cover-ups include clematis, porcelain vine, wisteria, dutchman's-pipe, plumbago, morning-glory, trumpet vine, and honeysuckle.

## CLIP AND DRY SUMMER FLOWERS

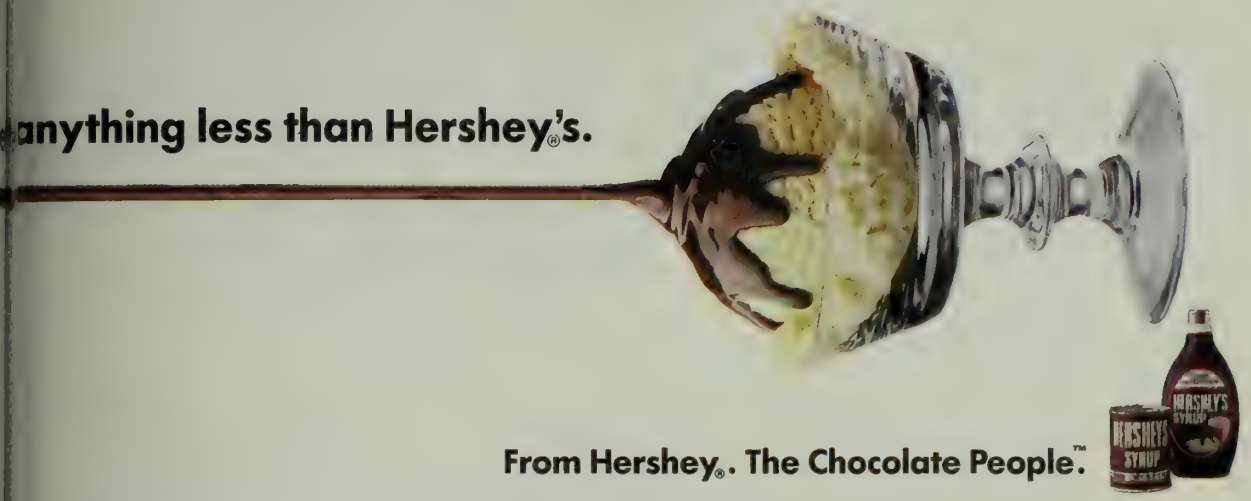
*Air-dry your favorites*



**Starflower dries easily.**

Early summer is an excellent time to collect and dry annual flowers like starflower, statice, and globe amaranth. Cut blooms at midday when they're fully open. Then, strip the leaves and gather the flowers in small bundles secured with string. Hang the bunches upside down in a dark room for about two weeks.

anything less than Hershey®'s.



From Hershey®. The Chocolate People™.

## HARVEST SPRING CABBAGE CROPS

*Hot weather strategies*



PHOTO: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

**Emerald Cross cabbages.**

Cabbages hate hot weather. That's why it's important to harvest your spring cabbage crop now, before soaring temperatures cause the heads to split and crack. To harvest, simply pull up the plants and trim off the stem, roots, and outer collar of leaves.

If you still have young cabbages in your garden, protect them from the heat until they're mature. A polyester row cover will shade plants from direct sun.




PHOTO: KARLIS GRANTS. FIELD EDITOR: CATHY HOWARD

**Gladioli thrive in Peter Chan's raised-bed garden.**

## GROW GREAT GLADIOLI

*Tips from the Northwest*

Towering spikes of gladioli fill Peter Chan's Oregon test garden with color all summer long. His secret: loose soil, water, and regular feedings. "To grow beautiful gladioli you have to understand their temperament," says Peter. "Gladioli like to have well-drained soil and plenty of water. They're also heavy eaters, so I give them a little fish emulsion every two weeks."

Planting depth is very important, too. "You must plant the bulbs at least 5 inches deep," he says. "Otherwise the vigorous young roots may push the gladiolus bulbs right out of the ground." Space bulbs 6 inches apart.

## SQUASH BUG PROTECTION

*Nonchemical control*




PHOTOS: PETER KRUMHARDT

Suspect squash bugs if your pumpkins, squash, and melons suddenly wilt and turn black in midsummer. These ⅝-inch-long pests suck the sap from vines and fruit, causing permanent plant damage. To control squash bugs without harmful chemicals, apply sabadilla dust every 10 days. Sabadilla dust is available from the Natural Gardening Research Center, Highway 48, P.O. Box 149, Sunman, IN 47041.

FRESH IDEAS FROM HIDDEN VALLEY RANC

# Original Ranch™ with Bacon.

## And a Salad That Really Stacks Up.

All the goodness of our Original Ranch dressing, plus real wood-smoked bacon. That makes a mighty tasty combination. So now you can make all kinds of good things, like this luscious Layered Club Salad.

### HIDDEN VALLEY CLUB SALAD

Serves 4-6

*2-3 cups shredded lettuce*
*2 cups prepared Hidden Valley Ranch® Original Ranch with Bacon Salad Dressing, divided*
*1 large tomato, seeded and diced*
*1 basket cherry tomatoes, halved*
*2 cups seasoned croutons*
*4 oz. cubed ham*
*4 oz. cubed jack cheese*
*4 oz. cubed turkey*

In a 3-quart clear glass layered salad bowl, carefully layer lettuce, 1 cup dressing, diced tomatoes (place cherry tomato halves up against side of bowl), croutons, ham, cheese, and turkey.

Line ingredients up against side of bowl to make distinct layers. Pour remaining 1 cup dressing over top.



# GLORIOUS SALADS

**Garden-fresh, crisp, and luscious—summer's vegetables are perfect for the light salads we like for lunch, for supper. The new exotic veggies make those salads even better!**

By Joy Taylor



## SAVOY AND RADICCHIO CHICKEN SALAD

Savoy cabbage leaves encase a splendid concoction of chicken, radicchio, peanuts, and pineapple. Serve the bundles, drizzled with a sumptuous peanut dressing, on radicchio and white salad savoy leaves.

PHOTOGRAPHS: TIM SCHULTZ. FOOD SYLIST: PAT GOODSTEAD

*continued on page 36*

**Gather your favorite standby salad ingredients then mix them with fruits and vegetables you haven't tried before. You'll love the results!**



## ROASTED-PEPPER PEPPERONI SALAD

Pick your favorite colored peppers to roast for this savory salad.

Toss roasted pepper strips with pepperoni, cheese, garbanzo beans, Italian plum tomatoes, Greek olives, and a heavenly garlic dressing. Serve on a bed of curly endive and arugula.

Cap off this Mediterranean supper with a sprinkling of arugula flowers.

## CARIBBEAN SHRIMP AND PAPAYA SALAD

Spoon chili-spiced shrimp into succulent papaya halves for a resplendent tropical dinner. Nestle each papaya half into Oak Leaf lettuce, sweet coconut, and peppery nasturtium leaves.

Tangy carambola (star fruit) and nasturtium blossoms complete this stylish summer salad plate.

## ROAST BEEF SALAD WITH HORSERADISH DRESSING

A scattering of fresh thyme leaves along with piquant horseradish dressing defines this salad of sliced roast beef and crisp, fresh vegetables. Create your own unique arrangement on a bed of red leaf lettuce and spinach leaves.

Freshly grated horseradish in the dressing provides pungent results.

*continued on page 38*

**For more information on exotic vegetables, see page 38.**

**Recipes begin on page 40.**

**Buying information, page 150.**

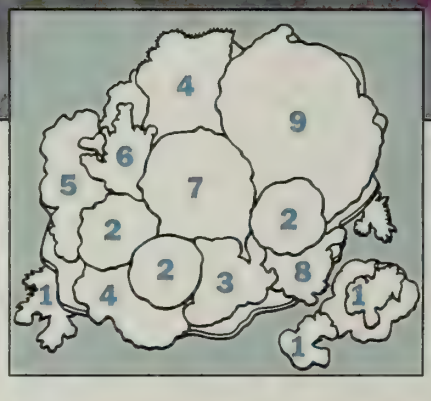




*continued from page 37*

# THE NEW FIXIN'S






**Look for exotic fruits, vegetables, and greens in the produce section of your supermarket.**

**1. Edible Flowers**
Choose only pesticide-free flowers that have been grown especially for eating. Flowers pictured from left to right are rosemary, chamomile, arugula, orchid, and red and gold nasturtiums.

**2. Varietal Peppers**
Red, yellow, and orange peppers taste similar to green peppers, but they have a subtle sweetness. Look for purple peppers, too.

**3. Italian Plum Tomatoes**
Yellow and red plum tomatoes are sweeter than traditional tomatoes and about the size of an oval cherry tomato.

**4. Salad Savoy**
Known also as flowering kale, this green has a cabbagelike flavor and comes in purple, pink, green, and creamy white varieties.

**5. Oak Leaf Lettuce**
Named for its oak-leaf shape, this loose-leaf lettuce is available in red or green.

**6. Enoki Mushrooms**
These unique mushrooms have a crisp texture and mild flavor.

**7. Radicchio**
A member of the chicory family, radicchio adds a mild bitterness to salads.

**8. Arugula**
Also known as rocket salad, arugula has a refreshing mustardlike flavor.

**9. Savoy Cabbage**
Crinkly leaves and a loose head distinguish this mild flavored cabbage.




# OPEN UP YOUR OWN BAKE SHOP.



## INTRODUCING BETTY CROCKER® BAKE SHOP BROWNIE & MUFFIN MIXES.

Betty Crocker is giving your local bakery a run for its money. Our new brownies are loaded with chunks of rich chocolate and real walnuts, creamy caramel and crunchy pecans.

The muffins are bursting with plump blueberries and tangy apples, topped with a delicate pecan streusel.

New Betty Crocker Bake Shop. Five bakery treats as near as your cupboard.

Betty Crocker

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*continued from page 38*

## SAVOY AND RADICCHIO CHICKEN SALAD

*Serve the filled bundles either whole or sliced. When they're sliced, you can see the splendid chicken filling inside!*

- **1 head Savoy *or* Napa cabbage**
- **1 head radicchio**
- **2 whole medium chicken breasts, skinned, boned, cooked, and cubed (about 2 cups)**
- **1 cup finely chopped fresh pineapple *or* one 8¼-ounce can crushed pineapple, drained**
- **2 green onions, thinly sliced**
- **¼ cup raisins**
- **¼ cup unsalted cocktail peanuts, chopped**

• • •

- **¾ cup mayonnaise *or* salad dressing**
- **¼ cup milk**
- **¼ cup peanut butter**
- **1 teaspoon curry powder**
- **½ teaspoon paprika**
- **¼ teaspoon lemon *or* lime juice**
- **1 to 2 tablespoons milk**

• • •

- **Green onion tops, steamed (optional)**
- **Salad savoy leaves**
- **Fresh pineapple wedges (optional)**
- **Lemon twists (optional)**
- **Fresh rosemary sprigs, savory sprigs, and chamomile (optional)**

● **Remove 8 of the large outer leaves** from cabbage. Place the leaves in a microwave-safe casserole. Set remaining cabbage aside. Cover the casserole with vented microwave-safe plastic wrap. Micro-cook on 100% power (high) for 2 to 3 minutes or till the leaves are limp. Drain. Cover and chill in the refrigerator. Remove 16 of the larger leaves from the radicchio. *Do not* cook. Cover and chill.

● **Meanwhile, coarsely shred** the remaining cabbage and radicchio. Measure *1½ cups* of the shredded mixture. Set the remaining shredded cabbage aside. In a large bowl combine the 1½ cups shredded mixture, chicken, chopped pineapple, sliced onions, raisins, and peanuts.

● **For dressing,** in a small bowl combine mayonnaise or salad dressing, the ¼ cup milk, peanut butter, curry powder, paprika, and lemon or lime juice.

● **Pour *½ cup* of the dressing** over the chicken mixture; stir to coat. Stir 1 to 2 tablespoons milk into the remaining dressing till of drizzling consistency. Set dressing aside.

● **For each cabbage roll, place** about *½ cup* of the chicken mixture at one end of *each* cabbage leaf. Fold in sides of leaf. Roll leaf around the chicken mixture. Tie the roll with the steamed green onion tops.

● **Line 4 dinner plates** with remaining shredded mixture, radicchio leaves, and salad savoy leaves. Top each plate with *two* cabbage rolls. Drizzle dressing over cabbage rolls. Serve with pineapple wedges and garnish with a lemon twist, rosemary sprigs, savory sprigs, and chamomile. Makes 4 servings.

***Nutrition information per serving:*** *651 cal., 33 g pro., 26 g carbo., 49 g fat, 85 mg chol., 401 mg sodium, 880 mg potassium, 6 g dietary fiber. U.S. RDA: 47% vit. A, 70% vit. C, 17% thiamine, 14% riboflavin, 70% niacin, 14% calcium, 18% iron.*

## ROASTED-PEPPER PEPPERONI SALAD

*Roasting the peppers mellows their flavor. If you can't find an assortment of colored sweet peppers, you can use all green peppers—*

- **2 large green peppers**
- **2 red *or* purple sweet peppers**
- **2 yellow *or* orange sweet peppers**
- **½ of a 15-ounce can garbanzo beans, drained**
- **4 ounces Monterey Jack cheese, cut into strips**
- **¼ cup olive oil *or* salad oil**
- **¼ cup red wine vinegar**
- **2 cloves garlic, minced, *or* 1 teaspoon bottled minced garlic**
- **½ teaspoon dry mustard**
- **¼ teaspoon salt**
- **⅛ teaspoon pepper**

• • •

- **6 cups torn mixed greens (arugula leaves, curly endive, oak leaf lettuce)**
- **1 3½- to 4-ounce package sliced pepperoni**
- **Black Greek olives**
- **Yellow Italian plum tomatoes, halved (optional)**
- **Arugula flowers (optional)**

● **Quarter peppers lengthwise.** Remove the stems and seeds. Cut small slits on the ends of the pepper pieces to make them lie flat. Place, peel side up, on the unheated rack of a broiler pan. Broil 2 inches from the heat about 15 minutes or till completely charred. Immediately place in a paper bag; close bag tightly and allow peppers to cool.

● **Peel the peppers** with a sharp paring knife. Cut lengthwise into ½-inch-wide strips. In a large bowl combine pepper strips, garbanzo beans, and cheese strips. In a screw-top jar combine oil, vinegar, garlic, dry mustard, salt, and pepper. Cover; shake well. Toss with roasted pepper mixture.

● **Arrange torn greens** on four salad plates. Mound the pepper mixture in the center. Arrange pepperoni around edge of plate. Garnish with olives, tomatoes, and arugula flowers. Makes 4 servings.

***Nutrition information per serving:*** *491 cal., 18 g pro., 26 g carbo., 37 g fat, 45 mg chol., 1,048 mg sodium, 1,006 mg potassium, 8 g dietary fiber. U.S. RDA: 150% vit. A, 433% vit. C, 27% thiamine, 23% riboflavin, 16% niacin, 30% calcium, 31% iron.*

## CARIBBEAN SHRIMP AND PAPAYA SALAD

*Line the salad plates with any delicate lettuce leaves. We used red oak and green oak leaf lettuce in the photo on page 36. If you can't find nasturtiums, use more lettuce and decorate the plate with any edible flower—*

- **6 to 8 ounces fresh *or* frozen cooked medium shrimp**
- **¼ cup chili sauce**
- **2 green onions, sliced**
- **¼ teaspoon ground cinnamon**
- **2 to 3 drops bottled hot pepper sauce**
- **1 large ripe papaya**
- **1 ripe carambola (star fruit)**
- **2 nasturtiums (including leaves and stems)**
- **Lettuce leaves**
- **½ cup coconut**
- **Fresh oregano sprigs (optional)**
- **Green onions (optional)**

● **Thaw shrimp, if frozen.** Drain. In a medium bowl combine chili sauce, sliced onions, cinnamon, and hot pepper sauce; stir in shrimp. Let stand, covered, while preparing papaya.

*continued on page 42*



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*continued from page 40*

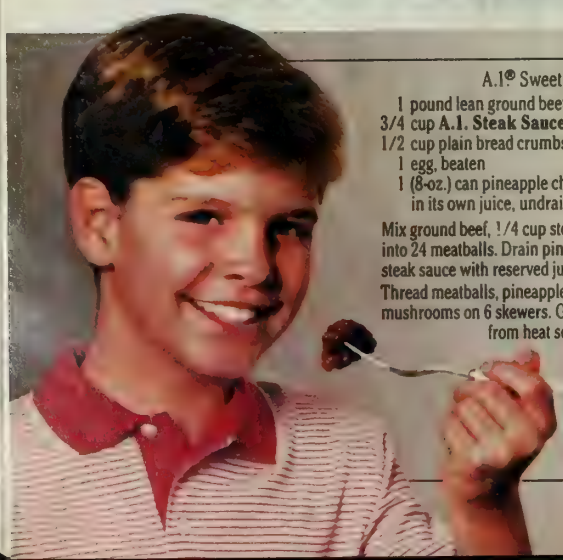
● **Halve the papaya lengthwise.** Scoop out the seeds and the stringy pulp; discard. Lightly score the top edges of the papaya halves with a sharp knife to make an X. Slice carambola crosswise into ¼-inch-thick slices. Remove the flower portions of the nasturtiums from the stems and set aside. Remove the leaves from the stems. Discard the stems.

● **Line salad plates** with the lettuce leaves and the nasturtium leaves. Sprinkle the coconut over the leaves. Place a papaya half on each plate. Spoon the shrimp mixture inside the papaya halves. Arrange carambola slices, nasturtium flowers, oregano sprigs, and green onions on plates. Makes 2 servings.

***Nutrition information per serving:*** *296 cal., 21 g pro., 38 g carbo., 8 g fat, 166 mg chol., 658 mg sodium, 880 mg potassium, 6 g dietary fiber. U.S. RDA: 78% vit. A, 191% vit. C, 18% niacin, and 21% iron.*




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A.1.® Sweet and Sour Kabobs

1 pound lean ground beef
3/4 cup **A.1. Steak Sauce**
1/2 cup plain bread crumbs
1 egg, beaten
1 (8-oz.) can pineapple chunks in its own juice, undrained
1 medium green pepper, cut in squares
6 cherry tomatoes, halved
6 fresh mushrooms, halved
Hot cooked rice

Mix ground beef, 1/4 cup steak sauce, bread crumbs and egg; shape into 24 meatballs. Drain pineapple, reserving juice. Mix remaining steak sauce with reserved juice. Set aside.

Thread meatballs, pineapple, green pepper, cherry tomatoes and mushrooms on 6 skewers. Grill or broil kabobs 4 to 6 inches from heat source for 10 to 15 minutes or until done, turning and brushing with steak sauce mixture frequently. Serve with rice. Makes 6 servings.




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NABISCO BRANDS


## ROAST BEEF SALAD WITH HORSERADISH DRESSING

*It takes just a few extra minutes to a range the simple salad ingredients in a beautiful meal—*

**⅔ cup mayonnaise *or* salad dressing**
**2 to 3 tablespoons freshly grated horseradish *or* 2 to 3 teaspoons prepared horseradish**
**½ teaspoon paprika**
**⅓ cup plain yogurt**

• • •

**1 pound whole tiny new potatoes**
**¾ pound baby carrots, halved lengthwise *or* regular carrots, cu into julienne strips**
**1 cup fresh pea pods, stems and strings removed**
**Spinach leaves**
**Red leaf lettuce**
**½ of a medium red onion, sliced and separated into rings**
**3 ounces enoki mushrooms**
**8 ounces thinly sliced, cooked beef**
**Fresh thyme, snipped (optional)**

● **For dressing,** in a small bowl stir t gether the mayonnaise or salad dres ing, the horseradish, and the paprik Stir in the yogurt. Cover and chill.

● **Scrub the potatoes.** Cut potatoe into wedges. In a large saucepan coo potatoes, covered, in a small amount lightly salted boiling water for 5 mi utes. Add the carrots; cook 10 minute more or till the vegetables are near tender. Drain. Rinse with cold wate Drain; cover and chill.

● **Blanch pea pods** by pouring boilin water over them in a colander. Drai cover and chill.

● **Line four dinner plates** with spinac and lettuce leaves. Arrange portions the potato wedges, the carrots, the pe pods, the onion rings, the mushroom and the cooked beef on each plat Spoon some dressing on each plat Sprinkle each serving with thym Makes 4 servings.

***Nutrition information per servin*** *544 cal., 23 g pro., 37 g carbo., 35 g fat, mg chol., 310 mg sodium, 1,373 mg p tassium, 8 g dietary fiber. U.S. RD 502% vit. A, 56% vit. C, 21% thiamin 24% riboflavin, 34% niacin, 12% cal um, 26% iron.*

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# PLANTER WITH PIZZAZZ

## BUILD A BOX FOR BLOOMS

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**How to construct the two-tiered planter**

To form two levels, build two boxes, one measuring 24 inches square and 6 inches deep and the other 15 inches square and 12 inches deep. Frame with 1½-inch trim. Nail the smaller box inside the larger box. Fill with potting soil and plant.



PHOTO: MARIS/SEMEL. DESIGN: EDWARD COLLINS. FIELD EDITOR: BONNIE MAHARAM

**New Guinea impatiens and wax begonias create a two-toned effect in this two-tiered planter.**

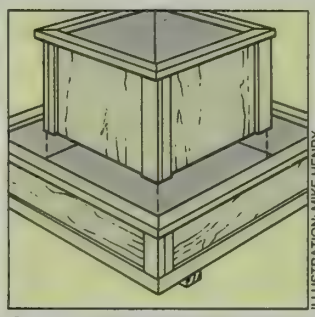


ILLUSTRATION: MIKE HENRY

**One box fits inside the other.**

To order Project Plan No. 50776 for the planter, send check or money order for $6.95 to: *Better Homes and Gardens®* Reader Service, Dept. 22W, Box 374, Des Moines, IA 50336. BH&G





# The only garage door warranted to last as long as you own your home.

Some garage doors come with a one-year warranty. Some with one that's a bit longer.

But only Raynor Decade Garage Doors are backed by a warranty that's good for as long as you own your home. That's because they look like wood. But they're made of steel. So they won't warp, crack, split or deteriorate due to rust. For free catalog or more information, call 1-800-545-0455. Or look in the Yellow Pages under "Doors."

Warranty applies to door sections, not hardware. See Raynor distributor for details of limited warranty.

**RAYNOR** GARAGE DOORS



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# NEW-AGE ADULT EDUCATION

## NEW SUBJECTS, NEW SOURCES, NEW SATISFACTIONS

By Mary Conroy

**Every Monday night, Teri Greenman trades her white lab apron for a black leather jacket and her midwestern accent for a southern drawl. In an adult acting workshop, she's learning to play the role of a hard-bitten drifter.**

Adult education is expanding by leaps and bounds, thanks to the baby boomer population bulge. Yet resourceful students like Teri have found learning in new locations. Instead of rushing off to a local campus, they're pursuing education in stores, museums, and nonprofit agencies.

The benefits? Flexible schedules and up-to-the-minute equipment that local community colleges can't afford. The problems? Fees may be far higher than those charged on campuses.



JIM ELDER

**All hands on deck for sailing lessons.**

Every town has its own education underground—unusual locations for learning. Consider these examples of places you may have overlooked.

### Ahoy there!

You don't have to live on the coast to find smooth sailing, as long as there's a boating store nearby. In Omaha, for instance, Main Sail Loft will teach you to hoist your sails for $15–$20 per hour. If you'd rather take your sailing standing up, try their board-sailing classes ($89).

### From pastry to pasta

Budding bakers and creative cooks can find classes at ethnic groceries,

*continued on page 48*








# A Raynor opener is warranted to do this at least twice as long as any other opener.

Most garage door openers carry a one-year warranty on their motors. A few are backed by promises of five years.

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For more information, call 1-800-545-0455 or look in your Yellow Pages under "Doors".

For warranty details see your Raynor distributor.

RAYNOR GARAGE DOORS




## NEW-AGE ADULT EDUCATION

*continued from page 47*

microwave stores, and gourmet shops. Byerly's Grocery in St. Louis Park, Minnesota, has one-night couples' workshops on such specialties as Japanese cooking. For $30–$40, each twosome learns to prepare an entire meal with all the trimmings.

Orange Tree Imports, a gourmet shop in Madison, Wisconsin, also offers one-night classes. For $14.95, students watch a chef prepare such mouth-watering treats as hand-dipped chocolates and "yuppie pizza"—a sinful sweet with a butterscotch glaze. Naturally, at the end of the evening, students enjoy their just desserts.

### All the world's a stage

Whether your tastes run to mysteries or musicals, there's an acting class for you. Check your community theaters and comedy clubs. The Des Moines Playhouse has six-week classes ($35 total) that cover everything from stress reduction to stage directions.

*You may be looking for learning in all the wrong places.*

In Seattle, the local TheatreSports® troupe will train you in its wild and wacky brand of improvisational comedy. At a mere $10 for five nights of merriment, you'll learn the basics, and may even go on to perform with the pros.

### I can feel it in my bones . . .

Dig into the past with one of the many classes offered by your town's history museums. New York's American Museum of Natural History offers $20 to $40 lecture series on topics ranging from Eskimo arts to magnificent voyages. At Richmond's Valentine Museum, you'll learn about restoring a neoclassical house, and about decorative arts during the federal period.

### Oh, say, do you parlez?

Whether you want to order pasta in Italy or cut a business deal in Korea, there's a language class for you. Tongue-tied? Relax. The grammar drills of your high school days have gone the way of the dinosaur.

You may already know about commercial schools such as Berlitz and Inlingua, where native speakers use only the foreign tongue. But you might be surprised to learn that nonprofit agencies also teach languages. In New York, the Goethe Institute offers German courses at $275 for 10 weeks. The Alliance Française has French classes from $95 to $260. (Both have other locations across the country.)

Many classes immerse you in culture, too. New York's Spanish Institute teaches flamenco dance and art history as well as Spanish and Catalan.

### Musicians, take note!

If you long to tickle the ivories, you'll be glad to learn that most private

music teachers welcome adult students. Schools such as the Wisconsin Conservatory of Music also hold instrumental and theory classes. Courses range from $95 to $195 per semester; private lessons, from $190 to $320.

### Art-to-art talks

Bedazzled by beading? Crafts addicts, rest easy: you'll find everything from weaving to woodworking in local art shops and museums. Leewards' stores will teach you to knit, paint, and even decorate cakes. The four- or five-week classes cost $10–$20, plus materials.

If you prefer the company of the masters, consider a museum. The Art Institute of Chicago holds one-semester enrichment courses for $260. Classes range from the traditional (drawing and painting) to the high-tech (computer animation). Miami's Museum of Science and Space Transit Planetarium also offers six-week courses in beading, horticulture, and silversmithing. Prices start at $20.

### Sick of just lion around?

The zoo may be the perfect antidote to those sofa-spud blues. If you've ever said, "Cheese," to a cheetah, you've probably wondered how to photograph through wire mesh. Zoom in on the zoo photography class ($20) at the St. Louis Zoo. The National Zoo in Washington, D.C., welcomes animal lovers with six-week courses ($40) in big cats, wildlife studies, and nature photography.

### Going underground for classes in your town

Finding that out-of-the-way class isn't so hard. Try these ideas:

***Check nearby specialty shops.*** Many store clerks practice their craft outside of work, and also are excellent sources of information. Best bets: crafts, cooking, music, and sporting goods stores.

***Investigate museums.*** Museums are filled with experts who'd love to share their specialty with you. Attend any lectures offered and ask for more.

***Contact local clubs.*** Newcomers to a hobby might be reluctant to join a club, fearing that everyone else will be an expert. But many clubs offer lessons just to get beginners on their feet. New in town? Look under "Clubs" and "Associations" in your Yellow Pages.

***Don't forget the library.*** Today, libraries offer a cornucopia of activities. Among them: aerobics classes, film courses, and travel series. Check the schedule at your local branch library—you'll be pleasantly surprised.







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# 1988 HOME IMPROVEMENT CONTEST

## YOU CAN WIN!

**If you're making your home bigger, better, or more beautiful, you could be a winner! We're searching America for the freshest, smartest ideas in home fix-ups. Send for your entry packet today!**

## TOP PRIZE: $10,000

. . . Plus the chance to see your home showcased in an issue of *Better Homes and Gardens!* We'll also award:

**TWO $4,000 PRIZES**
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**SEVEN $1,000 PRIZES**
for best-of-category prizewinners

**99 CASH PRIZES OF $100 TO $500**
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**PLUS VALUABLE COSPONSOR AWARDS!**

## PICK YOUR CATEGORY

You can win in any of seven categories! We'll give cash awards for large, medium, and small projects in these areas:

- **EXTERIOR FIX-UPS**
- **OUTDOOR IMPROVEMENTS**
- **KITCHEN SHAPE-UPS**
- **BATHROOM REMODELINGS**
- **INTERIOR REDOS**
- **ADDITIONS**
- **WHOLE-HOUSE REDOS**

We'll judge your entry on how good it looks, how well it works, and how much value you got for the money you spent. Any project completed in 1988 is eligible, no matter when it was started, no matter whether you did it yourself or called in the professionals.

So get busy on that project you've been planning! You could be a winner!

## HOW TO ENTER

**1. RIGHT NOW:** Complete and mail the preliminary entry blank below. We'll send you complete details, along with our official entry form.

- **All preliminary entries must be postmarked by October 1, 1988.**

**2. WHEN YOUR PROJECT IS DONE:** Send us the final entry form. (Get a head start now by saving receipts, taking *Before*, *After*, and *In-Process* photos, and keeping floor plans that convey a complete sense of your project.)

- **Final entries must be postmarked by February 1, 1989.**

**3. AND THE WINNERS ARE:** Entries will be judged in March 1989, and all winners will be notified by mail. We'll feature the top prizewinners in our November 1989 issue.

## PRELIMINARY ENTRY BLANK

**Postmark no later than October 1, 1988**

Better Homes and Gardens
HOME IMPROVEMENT CONTEST

**Send to:**
Better Homes and Gardens
Home Improvement Contest
P.O. Box 11418
Des Moines, IA 50336

**Name** _____
**Address** _____
**City** _____ **State** _____ **Zip** _____

**Be sure to check the box(es) that best describes the project(s) you plan to complete in 1988.**

☐ 1. Exterior Fix-Ups ☐ 2. Outdoor Improvements ☐ 3. Kitchen Shape-Ups
☐ 4. Bathroom Remodelings ☐ 5. Interior Redos ☐ 6. Additions ☐ 7. Whole-House Redos

**PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH THIS PRELIMINARY ENTRY FORM; SEND ONLY ONE PRELIMINARY ENTRY BLANK PER FAMILY.**

Allow six weeks for final delivery of contest entry packet.

# WHEN KIDS PLAY DOCTOR




STEVE BJÖRKMAN

**Playing doctor is a part of growing up.**

By John Rosemond

**Between ages 4 and 6, children begin asking lots of questions about where babies come from. Playing doctor is another expression of natural curiosity.**

## Keep cool

In addition to playing doctor, youngsters at this age often enjoy masturbating. When adults react to these innocent actions by making faces, getting angry, and saying that these things are "bad," children become confused, frightened, and less open about their curiosity. As teens, these youngsters may not feel free to talk with parents about sexuality. Stay open to your children's questions about sex. Be honest and simple with your answers.

## Questions parents ask

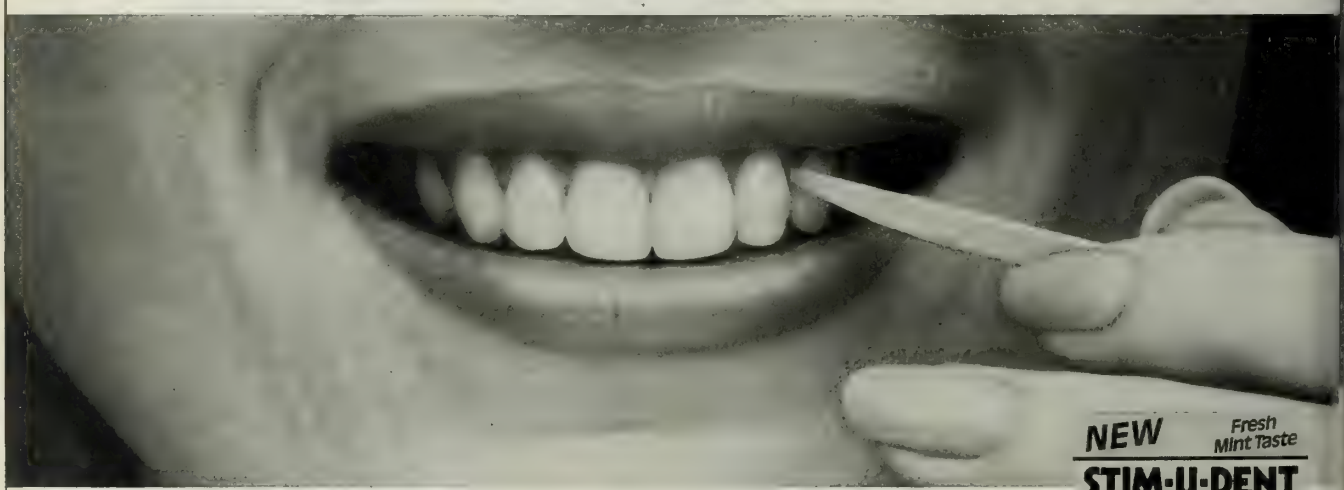
**Q:** *My husband discovered our 4-year-old son and a neighbor's daughter, aged 5, naked and playing doctor. How should we handle these situations?*

**A:** When you find children playing doctor, try to stay calm and collected. Getting upset will only confuse or frighten the children, and it won't accomplish anything constructive. Divert the youngsters' attention while

*continued on page 54*




# THE STIM-U-DENT® MINUTE.



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Fresh Mint Taste
Contents: 25
Johnson & Johnson

## It's how you can remove plaque with just one hand—in one minute.

Do you know it only takes about a minute a day to have healthier, firmer gums? With STIM-U-DENT.®
The convenient plaque remover.

It lets you remove plaque from between your teeth effectively. With just one hand. In about one minute.

That's important, because plaque contains soft, sticky bacteria that build up between your teeth and can cause early gum disease (called gingivitis). Brushing alone can't remove plaque.

With STIM-U-DENT, you'll have healthier, firmer gums—a vital part of having teeth that can last a lifetime. No wonder STIM-U-DENT is recognized as safe and effective by the American Dental Association.

Take a minute to think about it. With STIM-U-DENT, all you need is a minute a day to have healthier gums for teeth that last.

Now available in Original and new Mint taste.

Johnson & Johnson

Toll-Free Product Information.
Call: 1-800-526-2433

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# The Fisher-Price Fishing Kit. It's the reel thing.



With the new Fishing Kit from Fisher-Price,® little ones have everything they need to go after the big one.

There are real bobbers and weights. Real hooks (that you can cover with a special safety cap when you're not fishing) and a real reel.

What's more, it's easy to use, since the fishing line is housed inside the telescoping rod. And easy to store, because the rod snaps onto the lid of the tackle box.

The Fishing Kit from Fisher-Price. For kids who want the real thing, it's a great catch.



**Fisher-Price**

**Because you're only young once.**

*continued from page 52*

mentioning that what they are doing is not allowed: "I don't want you two playing together like that. Put your clothes on and come downstairs. I could use your help with something." Keep in mind that it's natural for young kids to show some interest in sex and sex differences.

**Q:** ***We recently found our 5-year-old daughter and her 6-year-old female cousin pretending to have sex. We later learned that they've been doing this repeatedly. Could this cause the girls to have homosexual leanings later in life?***

**A:** No. Young children are neither heterosexual nor homosexual. Their sexual explorations have nothing to do with the labels adults impose on sexuality. Besides, it's likely that the girls took turns being "the man."

Keep your cool and maintain an open mind. That way you'll open, rather than close, lines of communication, reassure rather than frighten. Encourage the girls to ask questions that they may have been trying to answer through play.

**Q:** ***Our 5-year-old daughter has recently started masturbating. We have tried to ignore it, but several times have had to tell her to stop because we were in public. Can you help us understand why she started doing this and give us some suggestions for handling it?***

**A:** Your daughter probably started masturbating because she accidentally discovered that rubbing herself feels good. If she's well-adjusted and gets along well with other children her age, you have no reason to be concerned.

Children have a need for, and a right to, privacy, including the right to masturbate in private. The act does no harm, and won't become a big deal if you don't make a big deal over it.

On the other hand, the child who masturbates publicly needs to learn that this isn't acceptable. You might say something like, "You seem to enjoy rubbing yourself between your legs. That's all right, but not where other people can see you. If you want to do that, you must go to your room. If you're doing this because you're bored, we'll help you find something else to do."

**Q:** ***We regularly dress in front of our 15-month-old son and take baths with him. Should we stop appearing nude in front of him? How should we answer when he asks about our bodies?***

**A:** At this age, there's no harm in what you're doing. When he asks about your genitals, answer him as casually as if he had pointed to your nose.

Some professionals argue that parents should use proper anatomical terms. Don't worry about it. Words like "winky" and "bum-bum" are no more misleading than saying "tummy" for stomach. Let's not be so serious.

As he nears school age, teach him to respect your privacy. You should respect his, too. But don't be neurotic about it. It's impossible for people living together not to catch a glimpse of each other's unadorned bodies occasionally. BH&G

*—John Rosemond is a family psychologist, a nationally syndicated columnist, and a regular contributor to* BH&G.





# Don't make your baby grow up too soon.

**Table food isn't made especially to give babies what they need, but Gerber® Junior Food is.**

Because babies grow so rapidly their first year, it is important for them to eat foods rich in the nutrients needed for growth. That's where Gerber Junior Foods come in.

**Every spoonful counts.**

Calorie per calorie, Gerber Junior Foods are richer in nutrients than many comparable table foods. That means with Junior Foods your baby receives the needed nutrients without overeating.

**No added salt.**

You can forget concerns about the salt in table foods, because Gerber Junior Foods contain no added salt whatsoever.*

**Variety counts too.**

Experts agree variety is important to nutrition, and different foods keep baby from getting bored at mealtime. Gerber prepares such a wide variety of nourishing foods for the first and second year, you'll never need to use table foods before your baby is ready.

**The table foods fed to infants in a recent study contained more than 8 times as much sodium, ounce for ounce, as Junior Foods.*






**Gerber®**

*Babies are our business... and have been for over 50 years.*

Gerber Products Company, Fremont, MI 49412

*Any questions?*
*Call 1-800-4-GERBER*

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Because your baby is still a baby.




# Beta Than Ever.

## Now, Centrum® adds beta-carotene to its new formula.

Today, the nutrient that's making news in certain fruits and vegetables is making news in Centrum.... beta-carotene.

Leading health authorities—including specialists in cancer research—are urging you, as part of an overall balanced diet, to eat foods that are rich in beta-carotene.

Your diet should include generous amounts of dark green leafy vegetables like spinach and kale. Or yellow-orange fruits and vegetables, like cantaloupe and carrots.

So, please eat these fruits and vegetables.

To help support your diet, add Centrum to your daily menu. New Advanced Formula Centrum supplements your diet more completely with more vitamins, including beta-carotene, and minerals than any leading brand.

New Advanced Formula Centrum.

It's beta than ever.

***Centrum with beta-carotene.***
***More complete. From A to Zinc®***

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# FAMILY HEALTH

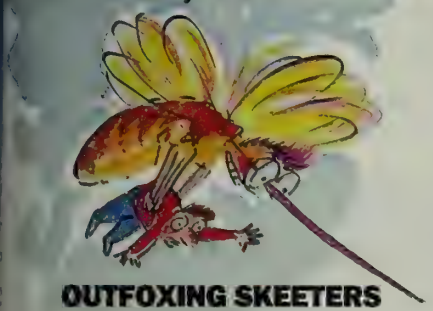
IN THIS MONTH'S SPECIAL FAMILY HEALTH SECTION


- **HAVING FUN, KEEPING HEALTHY** *For worry-free summer fun* ..... 57
- **FITNESS MATTERS** *Warm-weather shape-ups* ..... 60
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# HAVING FUN, KEEPING HEALTHY

By Paul Krantz

**Summer is a time for family, fun, and feeling good. Summer is *not* a time to be recuperating from an illness or injury that could have been prevented. Here's some good advice for making your warm-weather festivities worry free.**



## OUTFOXING SKEETERS

*A repelling tale*

Down in the Florida swamps, mosquitoes grow so big, they're often mistaken for migrating waterfowl. Florida is also the home of skeeter expert Dr. Carl Schreck of the Agricultural Research Service in Gainesville.

**Dr. Schreck's skeeter-beaters**

- Use a repellent containing DEET (short for a name you wouldn't *want* to read). The more DEET, the better—up to about 50 percent (15 percent for kids, who have more sensitive skin).
- Choose a lotion—lightly applied—for bare skin. For clothes, sprays work best. Repellents can creep, so avoid putting them close to eyes, nose, or mouth.
- Stay in open areas away from trees and shrubs, where mosquitoes rest.
- Avoid dark-colored clothes, which look like leafy pit stops to the myopic marauders.
- Use special candles and smoky devices only on calm days. Foggers are best used at the edges of the lawn, near bushes and other hiding places.

## PROTECTING A WINNING SMILE

*Help for a runaway tooth*

It's the bottom of the ninth, one out, and the score is tied. Your 12-year-old daughter, poised on third, prepares to race home at the crack of a bat.

There's the pitch, and a sharp grounder bounces back to the mound. She's off! There's a collision at home plate, a moment of confusion, then the ump cries, "SAFE!" You rush to embrace your daughter and discover, to your horror, that one of her front teeth is gone. In its place is a gap that seems big enough to poke a hot dog through. Now what?

Find that tooth, urges Dr. Michael D. Goldstein, D.D.S., a representative of the Academy of General Dentistry. It can be reimplanted with a good chance of success. Your dentist will wire the loose tooth to its neighbors until it reattaches. Root canal work on the tooth—drilling out and filling the interior—is usually not done immediately, but your dentist may need to perform the procedure after the tooth is reattached.



STEVE BJÖRKMAN

Play it safe with a child's smile.

**Saving a dislodged tooth**

- Very gently wash off any dirt.
- Put the tooth into its socket and hold it there. Or, if your child can stomach it, keep the tooth protected by placing it between his or her cheek and gum.
- For a very dirty tooth, don't scrub. Instead, put it into milk (best) or water.
- Get to a dentist fast, within two hours at the most. If you can't contact a dentist, go to an emergency room. The sooner a tooth is reimplanted, the greater the chances of success.
- Follow your dentist's advice on caring for the tooth until it has reattached.

## SUNSHINE AND DRUGS

*They don't always mix*

Helen is usually the most active of the bunch. But these days she's taking it easy. That's because Helen is just getting over an infection, and she's on tetracycline. Her pharmacist told her to avoid getting a lot of sun while she's taking the medicine.

Many drugs heighten your skin's sensitivity to sunlight, explains Dr. Lawrence Block, professor of Pharmaceutics at Duquesne University in

*continued on page 58*



Some medicines should turn you into a shady character.

*continued from page 57*

Pittsburgh. Bright sunlight breaks down some drugs as they circulate just under the skin. The result: itching, a rash, an exaggerated sunburn or, in extreme cases, blisters and peeling.

Many drugs can cause these reactions. The most common include oral contraceptives, estrogen, tranquilizers, antidepressants, and certain forms of tetracycline. Ironically, Retin-A, a drug that smooths out some sun-caused wrinkles, also makes you more sun sensitive. Regardless of what drug you're taking, it makes sense to ask your doctor or pharmacist about possible reactions to sunlight.

**Preventing sun/drug reactions**

- Avoid exposure during the middle of the day. Sunlamps and tanning booths also can cause reactions.
- Cover up. The less skin exposed, the less likely a reaction.
- Use a stronger sunscreen than usual. If you normally use SPF (sun protection factor) 8, change to an SPF 15.



## SHADES OF GREATNESS

***Picking the perfect sunglasses***

**Choose protection over style.**

You've been itching to get some really fine shades this year, so you head over to the new sunglasses shop at the mall. The hyperefficient clerk gushes over the $175 Italian imports and frowns a bit at the $20 pair you're trying on now. "They're not bad," he sniffs, "for *domestic* stock."

Don't be intimidated, says Dr. Donald G. Pitts, an optometrist at the University of Houston (and sunglasses specialist to the astronauts). Lower-priced shades ($12.50–$35) often outperform the tony, high-priced models.

**Sunglasses label savvy**

- UV protection. Buy only sunglasses that block eye-damaging UV rays.
- Shading level. Good glasses allow 15–30 percent of light to pass through. The farther south you are, the lower in the range you should be. Look for models that meet ANSI Z80.3 requirements.
- Neutral gray tint. Best for color perception. Brown is second best. (Contrary to some advertising, brown tints don't improve your vision.)
- No distortion. Hold the glasses at half arm's length and look at a door edge through the lens. Jiggle the glasses from side to side. If the edge wavers, don't buy the glasses.
- Strong hinges, with at least two screws and five interlocking leaves.
- Polycarbonate lenses for kids and active adults.
- Polarized lenses for driving or near water. Otherwise, plain lenses are fine.



COUNTDOWN TO YOUNGER

1 *If your hands are starting to look older than the rest of you, here's what to do. Set aside 7 days, and get yourself some New Ivory Liquid.*

2 *Ivory's been improved. A lot. Now, every time its bubbles*

3 *touch your hands, something beautiful happens.*

4 *Younger-looking skin is uncovered. Little by little. As you do dishes.*



## PICNIC TABLE TALK

*Rules for safer outings*

A picnic table is no place to store perishable food, warns Dr. Stan Green, a microbiologist with the U.S. Department of Agriculture. Warm weather hastens food spoilage.

**For safe food on the go:**

- Keep hot foods hot (above 140° F) and cold foods cold (below 40° F).
- Don't let perishable foods sit at room temperature more than two hours, less when the temperature is higher.
- Don't rely on taste or smell to determine if a food is spoiled. When in doubt, throw it out.
- Food poisoning causes gas, diarrhea, vomiting, or stomachache within two to 36 hours. See a doctor right away.
- For a free copy of "Safe Food to Go" write: F. James, Dept. 597R, Consumer Information Center, Pueblo, CO 81009.

## BEAT THE HEAT

*Don't get knocked for a loop*

Leroy loves to bike, but the pressures of starting up his own business have put recreation at the bottom of Leroy's list for several years. This year is different, though. After reading a magazine article on cross-state bike rides, Leroy is going to give one a try.

Luckily, Leroy knows that his midsummer ride could turn into a disaster if he doesn't shape up beforehand. Heatstroke—a deadly, heat-induced drop in blood pressure—is a real danger for someone who is out of shape and unaccustomed to high temperatures.

Exercise physiologist Dr. Carl Gisolfi says that early symptoms include nausea, dizziness, headache, and chills. Later, you may notice reduced sweating. In extreme cases of heatstroke, you may pass out.

At the first sign of trouble, get to a cool place and lie down. If the symptoms don't pass within a few minutes, have someone take you to a doctor. In cases where a person collapses, cool the body as quickly as possible while on the way to a hospital emergency room.



Warm weather can be hazardous.

**To avoid heatstroke**

- Adjust to summer's heat slowly. Any sweat-producing activity builds your resistance to heatstroke.
- Drink water or juice before and during exercise.
- Don't push yourself during the hottest parts of the day.




.OOKING HANDS.

7

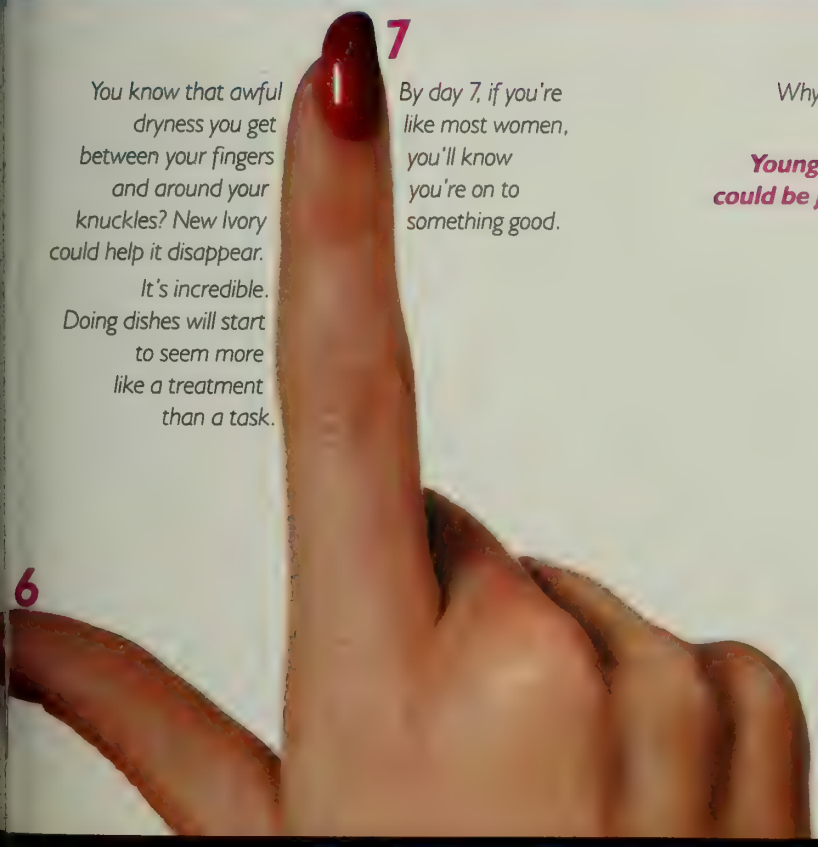
*You know that awful dryness you get between your fingers and around your knuckles? New Ivory could help it disappear.*

*It's incredible. Doing dishes will start to seem more like a treatment than a task.*

*By day 7, if you're like most women, you'll know you're on to something good.*

*Why not get started with New Ivory today?*

***Younger-looking hands could be just a week away.***







*IT'S NEW!*

© 1988 The Procter & Gamble Company

# FITNESS MATTERS

## GOOD NEWS ABOUT SHAPING UP

By Gary Legwold

### MOVE OVER, MEN!

*Women jump into sports arena*

- From 1981 to 1986, girls' participation in high school sports increased sixfold, says Eastern Michigan University's Dr. Carl Ojala, in a review of data from the National Federation of State High School Associations.
- Men outnumber women in team sports (except volleyball), but women make up more of the swimmers (53.3 percent), aerobic dancers (86.8 percent), and fitness walkers (64.5 percent), a National Sporting Goods Association survey found. Men make up 53.8 percent of all joggers.



### SHAPING UP STIFF JOINTS

*Arthritis patients can stay fit*

Not long ago, exercise for people with arthritis was considered painful, says Marian Minor of the Arthritis Center at the University of Missouri at Columbia.

But now, individualized programs of walking, swimming, and dancing offer painless ways to help people with arthritis improve their fitness and their ability to do daily chores.

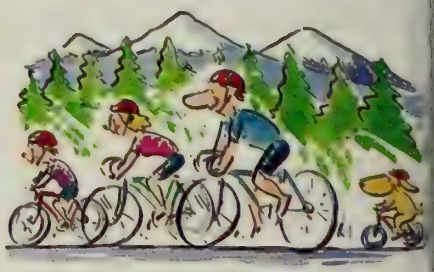
*Suggestions:*

- Get your doctor's OK.
- Start slowly with gentle stretching.
- Walk with a buddy in a level area like a mall. Start with five to 10 minutes per day, then build up. Don't worry about speed, and wear good shoes.

For information on exercise videos or readings, write Arthritis Foundation, Inc., Dept. BHG, P.O. 19000, Atlanta, GA 30326.

### A WHEEL GOOD TIME

*Cross-state bike rides*



**Cross-state rides offer fit family fun.**

Want a low-cost getaway that keeps the whole family fit? Consider one of 39 cross-state bicycle rides that take place in 30 states.

More than 25,000 people took part in these one- to 20-day rides last year. The biggest, the Register's Annual Great Bicycle Ride Across Iowa, drew 8,000 riders. Another ride, across Arizona, includes Grand Canyon vistas, and the Seattle-to-Portland ride offers views of Mt. Rainier and Mt. Saint Helens.

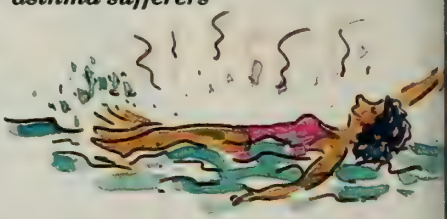
A typical day begins with a mouth-watering breakfast, organized by a local civic group. Cyclists then log between 50 and 80 miles before stopping at a campground. To cap off the day, riders sup on specialties prepared by local folks, and enjoy entertainment arranged especially for them.

CAUTION: If you don't ride very much, check with your family physician first. Then get in shape by biking in shorter group rides sponsored by local bike clubs.

The Bicycle Federation of America compiles a directory of all cross-state rides. For a copy, send $2 to the League of American Wheelmen, 6707 Whitestone Rd., Dept. BHG, Suite 209, Baltimore, MD 21207.

### ASTHMATICS IN ACTION

*Exercise tips for asthma sufferers*



**Asthmatic athletes prove their mettle.**

Watching the Olympics this fall may take your breath away—especially when you realize how many Olympians are asthmatic. In 1984, for instance, the U.S. Olympic team had 66 asthmatic athletes.

Olympic medals are out of reach for most of us, but exercise isn't—even for folks with asthma. Exercise won't replace medication, but an expert from the National Jewish Center for Immunology and Respiratory Medicine says conditioning can lower the occurrence of exercise-induced attacks. Dr. Philip Corsello offers these guidelines for asthmatic athletes:

- Use your prescribed medication (inhalants) 15 minutes before exercise.
- Cancel outdoor workouts on cold, windy, or smoggy days. Or wear a cold-weather mask that helps keep out dust and pollen; the mask also warms and humidifies cold, dry morning air that irritates breathing passages. Don't stand around in the cold when you've finished your routine.
- Don't exercise in polluted areas, such as along busy streets.
- Medicate yourself after a workout. Often tightness and shortness of breath occur up to a half hour after exercise.
- Best exercise for asthma sufferers? Swimming in a warm pool. The warm, moist air won't affect air passages.

For information, write Corsello at the National Jewish Center for Immunology and Respiratory Medicine, 1400 Jackson St., Denver, CO 80206. Or call the LUNG LINE at 800/222-LUNG.

*continued on page 63*

# This is what NutraSweet® looks like to your body.



To your eyes, NutraSweet® doesn't have very much in common with all these different kinds of fruit.

But the rest of your body will detect a rather remarkable similarity.

NutraSweet, you see, is made of two building blocks of protein, like those found in foods that we eat every day.

Including every one of the fruits that you see pictured here.

Your body, of course, doesn't require such a long explanation.

Because it understands these things naturally. And the way your body sees it, a juicy piece of fruit and NutraSweet actually have quite a bit in common.

They both look good enough to eat.

NUTRASWEET® BRAND SWEETENER

© 1988 The NutraSweet Co.

# Finally. A sophisticated weapon in the war against plaque.

These days, it seems like every product from mouthwash to toothpaste wants to help you fight plaque. And for very good reason. Plaque buildup is a leading cause of early gum disease which can have a number of very serious complications.

But among the so-called "plaque attackers," the INTERPLAK® Home Plaque Removal Instrument stands out as a true technological breakthrough.



*Bristles rotating 4,200 times a minute literally scour plaque off your teeth.*

**The INTERPLAK instrument cleans teeth nearly plaque-free.**

If plaque is not removed daily, its bacterial film can lead to gingivitis, an early stage of gum disease, and tooth decay. But clinical studies have shown that manual brushing removes only some of the plaque buildup. Those same studies, on the other hand, show that the INTERPLAK instrument cleans teeth nearly plaque-free, and reduces gingivitis to improve the health of your gums.

**It cleans circles around ordinary brushing.**

With manual or even electric toothbrushes, you move the bristles up and down or back and forth. But with the INTERPLAK instrument's patented design, the brush remains still while the bristles rotate. Ten tufts of bristles rotate 4,200 times a minute, reversing direction 46 times a second. They literally scour off plaque and stimulate your gums. And at the precise moment they reverse direction, the tufts fully extend to clean deep between teeth and under gums. Yet because the bristles are four times softer than the softest toothbrush, it's no more abrasive than manual brushing with toothpaste.

**Dental professionals approve.**

The INTERPLAK instrument has received rave reviews from dentists and periodontists across the country.

"I am recommending it to all my patients."–Dr. L.K. Yorn, Cedar Grove, NJ

"At last my patients enjoy using a product which we recommend."–Dr. J.W. Blackman, III, Winston-Salem, NC

"Since my patients have been using the INTERPLAK instrument, I have seen a dramatic improvement in the health of their teeth and gums."–Dr. S.G. Newhart, Orthodontist, Beverly Hills, CA

"It's a technological breakthrough in home dental care."–Dr. Alan Kushner, Chicago, IL

Ask your own dentist about the benefits.

**Serious plaque removal for the whole family.**

Each INTERPLAK Home Plaque Removal Instrument is cordless, recharging between uses in its own stand. It comes with two interchangeable brush heads. You can also purchase additional brush heads so every family member can benefit from cleaner teeth and healthier gums.

For more information or the name of a retailer near you, call toll-free **1-800-537-1600,** and ask for **Operator 14.**

Do it soon. Because if you are really serious about fighting the war against plaque, you couldn't have a stronger ally.

**INTERPLAK®**
HOME PLAQUE REMOVAL INSTRUMENT

Interplak is Acceptable as an effective cleaning device for use as part of a program for good oral hygiene to supplement the regular professional care required for good oral health.
Council on Dental Materials, Instruments and Equipment, American Dental Association.

ADA ACCEPTABLE American Dental Association




© Dental Research Corporation, 1988.
INTERPLAK® is the registered trademark of the Dental Research Corporation.




Three soft choices for cleansing your hands.

Only Softsoap® refills are formulated for different skin types.

Original, for normal skin. Ultra Rich, for dry skin. And Aloe Vera, for weathered or damaged skin.

Softsoap. Take softness into your own hands every time you cleanse them.

©Softsoap Enterprises Inc., 1988

## FITNESS MATTERS

*continued from page 60*



### RELAXING CAN BE TAXING

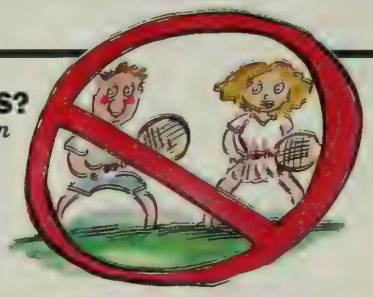
***Do, don't sit and stew***

Relaxing may be the worst thing depressed people can do, says Dr. David Holmes of the University of Kansas. His advice? If you're down in the dumps, get up and get moving.

He found that a half hour of exercise three days a week helps people beat the blues. Holmes compared depressed exercisers to those who used muscle relaxation. After five weeks, exercisers were less depressed. Those who used relaxation techniques were just as depressed as a group who made no changes in their normal activities.

### LOVE THOSE MIXED DOUBLES?

***Singles for fitness, doubles for fun***



If you and your partner play mixed doubles just for fun, fine. But if you play for fun *and* fitness, try singles with your heartthrob instead, says a University of Arkansas study.

Doubles players' average heart rates were far below fitness rates recommended by the American College of Sports Medicine. But singles players' heart rates equaled ACSM standards, especially when players were of equal ability, says Dr. Leland Morgans.

Doubles develop speed and coordination, he says, "but there's a lot of standing around. If people think they're getting fit playing doubles three times a week, they're kidding themselves."

### FASTING FOR A FAST RACE?

***Run "on empty," run out of gas***

Some runners think fasting makes them faster come race day. But a study says fasters fizzle faster than runners who eat regularly.

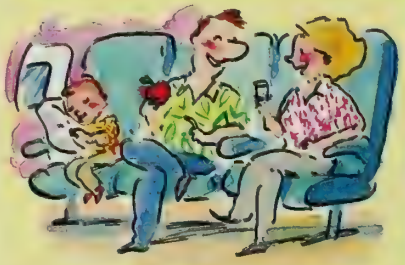
Runners often fast the day before a race so their digestive tracts clear and they can run without gastrointestinal discomfort. They also know that fasting causes the body to use more fatty acids for energy. In theory this lets runners conserve glycogen, the body's primary source of energy, and thus run longer.

But in practice, after a 27-hour fast, the endurance of runners in this study was reduced by 45 percent. These findings "should put the whole fasting myth to rest," says Dr. David Nieman of Loma Linda University. BH&G

# Finally! TRAVELING IN GOOD HEALTH

## AT HOME AND ABROAD

By Amy Roffmann New



**JET LAG Rx.** Eating lightly, getting extra sleep, and drinking plenty of fluids will help keep jet lag in check.

### TAKE THE DRAG OUT OF JET LAG

*Planning ahead is the key*

More and more families are winging their way to the far corners of the nation—and finding themselves saddled with an unwelcome partner: jet lag. Although you can't eliminate jet lag altogether, you can minimize its effect on you and your vacation, according to Dr. Jean-Paul Spire, University of Chicago Medical School Department of Neurology.

To make sure everyone is raring to go the day you arrive, Spire recommends the following:

Grab some extra rest before departure. Even napping on the plane is helpful. (Hint for families with infants: Reserve your seats extra early and ask for a bulkhead seat with an infant cot.) While en route, order plenty of beverages—but none with alcohol or caffeine. Bring fruit, or order it with your ticket. Avoid fat-laden airline fare.

For trips shorter than four days, stick to your at-home routine (even if it means eating dinner at 2 p.m.). For longer vacations: eat light, avoid alcohol and caffeine, and catch up on sleep before or right after arrival.

*—Amy Roffmann New is a free-lance writer who specializes in science topics. She lives in Springfield, Illinois.*

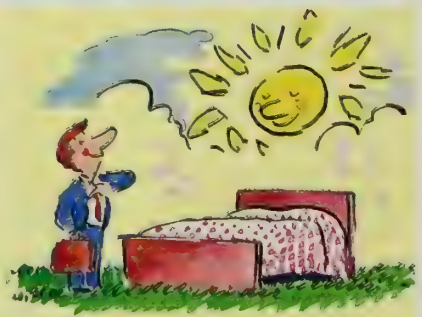
### TAKING HEALTH PROBLEMS ON THE ROAD

Signing up with a medical data service can make traveling with chronic health problems less worrisome.

**Medic Alert International** is the most recognized name in medical registration. Medic Alert offers engraved bracelets or necklaces that alert emergency personnel to drug allergies or chronic illnesses like diabetes or heart troubles.

Another service, **Med-Fax,** is offered through HMOs and health insurers. Patients put identifying stickers on driver's licenses, credit cards, or on the linings of children's shoes. A phone call connects care givers with a computer whose synthesized voice relays lifesaving information in emergency situations.

**For more information, contact Medic Alert 800/432-5378, or Med-Fax 213/821-1984.**



**FRESH AIR.** Many hotels and car rental agencies cater to nonsmokers. Ask when you make reservations.

### CLEARING THE AIR

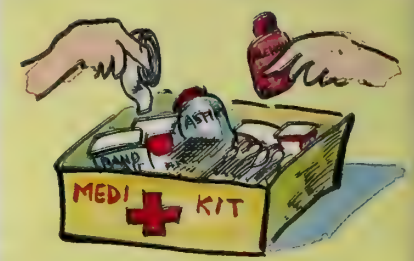
*Hotel rooms for nonsmokers*

Are you allergic to cigarette smoke? Then check out your hotel before you check in. Many innkeepers now offer nonsmokers rooms that have been specially cleaned, refurbished, or have never been smoked in.

Holiday Inns (800-HOLIDAY) and Regal 8 Inn (800/851-8888) both set aside rooms for nonsmokers.

Quality International offers a special reservation system for smoke-free rooms. They make a $2 donation to the American or Canadian Lung Association for each reservation placed on the special line (800/228-LUNG).

Many other hotel chains offer rooms free of smoke odors. Ask about availability when you reserve your room.




**DOC IN A BOX.** Fill a child's lunch box or a small cooler with supplies to make a traveling medicine cabinet.

### A TRAVELER'S FIRST-AID KIT

*How to make your own*

Here's what to pack in your family's portable medicine chest:

- bandages, adhesive tape
- tweezers
- medications: aspirin (plus other painkillers if someone in your family is aspirin sensitive), antacid, diarrhea medicine, cold remedy, antiseptic
- alcohol-soaked cotton swabs
- thermometer
- sunscreen, bug repellent, and poison ivy remedy (on trips to the woods)
- "HELP" sign (if you'll be driving)

Don't forget an adequate supply of prescription medicines. (Note: Some U.S. prescription drugs are not available overseas. Check before you go.)

*continued on page 66*

# Why does sales rep Ann Doherty use Lightdays® Pantiliners?



***"Lightdays keep me feeling clean, confident, even during my most hectic days."***

*"In my job, I have to deal with a lot of buyers, and some days can be real long, and pretty crazy."*

*"With Lightdays liners, I go out, meet people, without worrying about freshness."*

*"They help me feel clean and confident, like I've just gotten out of the shower."*

*"When you deal with people all day, that's important."*

*Ann Doherty*

Comfortable hourglass shape.
Remarkably thin.
Secure "no-slip" wideband adhesive.



For just-showered freshness all day, every day.

© 1988 Kimberly-Clark Corp.

*continued from page 64*

## SURMOUNTING ALTITUDE SICKNESS

*Sickness rises to new heights*



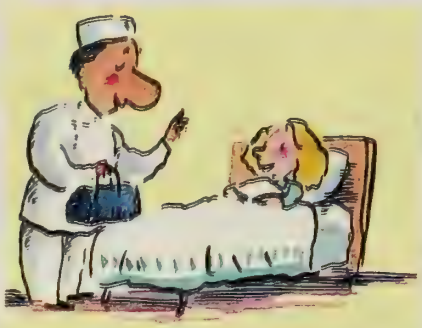
**HIGH-LEVEL HEALTH.** Take it easy on the first day or two in the mountains. Your body will thank you.

Picnicking on a mountain meadow is a romantic dream for some, and a heightmare for anyone susceptible to altitude sickness. Even heights as relatively low as 8,200 feet—common throughout the western states—can produce altitude sickness. Symptoms include headache, nausea, fatigue, shortness of breath, and insomnia.

"We see altitude sickness most often in people who go quickly from sea level to high altitude," says Dr. Stan Worley, M.D., a Denver critical-care physician. Taking part in strenuous physical activity within the first few days of arrival greatly increases your risk of developing the problem.

Most altitude sickness is easily cured by descending to a lower altitude and, if needed, getting oxygen. Severe cases, however, can become life threatening. Avoiding the illness is fairly easy: go slow on your first day at higher altitudes, stay away from alcohol, avoid strenuous climbing or hiking, and, at the first signs of fatigue, take a break.

# STAYING HEALTHY WHEN YOU TRAVEL ABROAD



**DOCTOR FINDERS.** Stateside agencies and overseas embassies can help locate English-speaking doctors.

## FINDING A DOCTOR WHO SPEAKS YOUR LANGUAGE

*Is Herr Doctor in das Haus?*

Few crises are more frightening than a serious illness in a foreign country. The International Association for Medical Assistance to Travelers (IAMAT) publishes a worldwide directory of English-speaking doctors who were trained in the U.S., Canada, or Great Britain. Listed doctors offer special fees to IAMAT members: $20 for office visits; $30 for house calls.

Membership in IAMAT is free, the nonprofit organization depends on donations. For membership information, contact IAMAT, 417 Center St., Lewiston, NY 14092 (716/754-4883).

American embassies also can provide travelers with lists of English-speaking doctors near embassy areas. In general, these lists indicate only English language services; embassies do not endorse individual physicians.

## THWARTING MONTEZUMA'S REVENGE

*There's no need to get upset*

Although traditionally associated with Mexico, travelers' diarrhea is no longer a problem at most of the newer resort hotels, thanks to up-to-date water systems. Places without water treatment systems pose the worst threat. In general, eating foods that have been boiled, baked, or peeled will keep your family safe.

"Avoid fresh vegetable salads, which can't be disinfected," says R. Bradley Sack, Johns Hopkins Hospital International Travel Clinic. Water and other beverages are safe only if they are "boiled, bottled, or chlorinated."

Pepto-Bismol tablets taken during your vacation may help prevent the problem. But if the dread discomfort does strike, rehydrate yourself with safe liquids. Prescription drugs from your doctor may also ease pain.



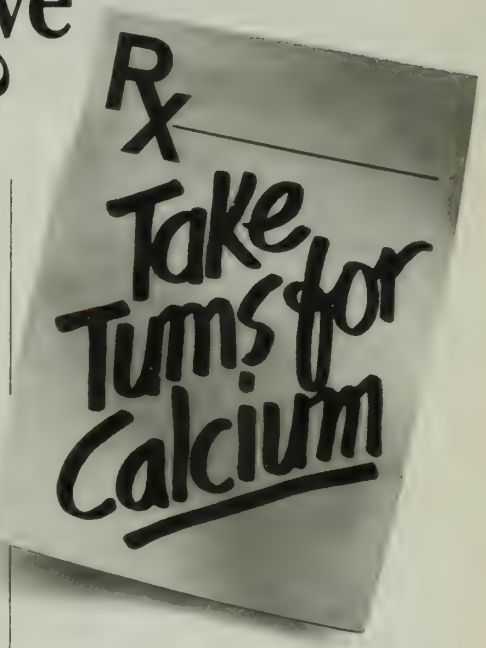
**RESTAURANT SAVVY.** Boil, bake, or peel it—and stick to bottled water—and you'll avoid traveler's diarrhea.

## INSURING YOUR VACATION HEALTH

Does your policy cover you for frostbite in Finland or botulism in Botswana? Check your health insurance before traveling abroad, says Vincent Grecco of Metropolitan Life. Some insurers—like Metropolitan—cover foreign medical claims, others may not.

Look specifically at the exclusions section of your policy; if medical care outside the U.S. is not covered, you may need supplemental insurance. Travel-specific policies written by major insurers like Blue Cross/Blue Shield and Traveler's are available through most travel agencies. According to Ben Issacs, Health Insurance Association of America, supplemental travel insurance should cover office visits, hospitalization, and outpatient care costs occurring outside the U.S. Air ambulance coverage is a plus in case you need medical assistance to return home from overseas. Costs vary widely. For a two-week stay, you'll pay from $50 for a single person to $200 for a family. Be sure to ask about maximum payouts, age restrictions, and which services aren't covered. BH&G

# Why are doctors recommending Tums to women who don't have heartburn?

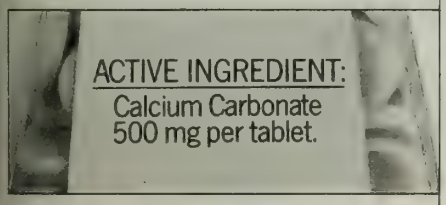



For one simple reason: Tums®—the very same Tums that is America's best-selling antacid tablet—also happens to be an unbeatable source of calcium. For women (and teenage girls!) who need extra calcium in their diets, there's no better source than Tums.

That's why thousands of doctors across the country are now recommending Tums to their patients over other, more expensive calcium supplements.

### How can an antacid be a calcium supplement?

For over 50 years, Tums has been made from calcium carbonate. In other words, the calcium in Tums isn't an *extra* ingredient that's been added to the Tums formula...it's been there all along.




Besides being a fast-acting, effective acid neutralizer, calcium carbonate is also the purest, most easily absorbed form of calcium. It's by far the preferred source of calcium for supplementation, and almost all leading calcium supplements are made from it.

What other antacid ingredients does Tums contain? None—just calcium carbonate.

So whether you need antacid relief or extra calcium—or *both*—you can take Tums with complete confidence.

### Are all antacids rich in calcium?

No. Most other antacids contain *no* calcium. They're made with ingredients like aluminum and magnesium.

### What makes Tums better than other calcium supplements?

Even though most calcium supplements contain calcium carbonate, this does not necessarily mean they are all the same. For example, laboratory tests* prove that Tums tablets are totally dissolved in less than half the time most leading calcium supplements take. And any doctor will tell you that unless calcium carbonate is completely dissolved before it leaves your stomach, it's not delivering the maximum calcium benefit to your body.

You'll also appreciate the fact that Tums tablets are less expensive than most calcium supplements—they're only about *half* the price of the largest selling brand. And good-tasting Tums tablets are chewable—they can be taken anytime, anywhere ...without water.

### Should you take your calcium supplement with your meals?

Yes. Medical research has shown that the most beneficial way to supplement your diet with calcium is by spreading your recommended intake throughout the day...preferably with meals.

If you're like most women, you need an additional 400 to 600 milligrams of calcium daily. Since each Tums tablet provides 200 milligrams of calcium (300 milligrams with Tums E-X), Tums is ideal for this type of regimen.

*Don't wait till you have heartburn to get the extra calcium you need. Ask your doctor about Tums for calcium.*

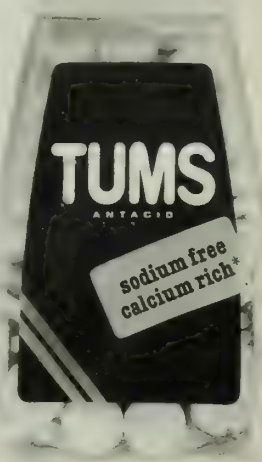
### Does your calcium supplement dissolve in time to work?

A recent study published in *American Pharmacy,* the journal of the American Pharmaceutical Association, reported on the dissolution rates of the leading calcium supplement products. While most of the major brands passed the test, only Tums tablets were completely dissolved at the end of the 30-minute test period. The other leading supplements were only partially dissolved...and many bargain brands hadn't even begun to break down.

| *Product* | *% Dissolved in 30 min.* |
|---|---|
| *Tums®* | *100* |
| *Suplical™* | *98* |
| *Os-Cal® 500* | *87* |
| *Caltrate® 600* | *69* |

*For a copy of these test results send your name and address to: TUMS, P.O. Box 3830, Dept. BH, Stamford, CT 06905.

© 1987 Norcliff Thayer Inc.




## Tums. More than just a great antacid.

# HEALTH UPDATE

## MEDICAL NEWS YOU CAN USE

By Paul Krantz

### TRIP TIPS FOR THE DEAF

*Free booklet to write for*

A hearing impairment doesn't have to stand in the way of traveling for business or pleasure. **"Travel Tips for Hearing Impaired People"** offers practical advice on all aspects of travel and includes toll-free phone numbers for airlines and hotels that cater to the needs of hearing impaired people.

For a free copy of this booklet, send a business-size SASE to: American Academy of Otolaryngology, Dept. BH, 1101 Vermont Ave., NW, Suite 302, Washington, DC 20005.



### HOSPITALS TRY HOSPITALITY

*First-class care*

Your next hospital visit may seem more like a stay at a first-class hotel. Competition is spurring medical institutions to put customer service first. Two examples:

- Patients at Griffin Hospital in Derby, Connecticut, can dial room service on their bedside phone. Newspapers, snacks, and videotapes are the most common requests. Volunteers staff the free service.
- Geisinger Medical Center, in Danville, Pennsylvania, offers HotelCare to patients who don't need a full range of hospital services. Patients check into one of two hotels and pay $30 to $45 dollars a day—far less than the cost of a hospital room. A nurse visits as needed to perform presurgical tests or postoperative dressing changes, for example.

### RHEUMATIC FEVER'S CHILLING COMEBACK

*Recent outbreaks puzzle doctors*

A serious complication of strep throat is on the rise. Rheumatic fever, if untreated, can permanently weaken a child's heart. Doctors can't explain major outbreaks of the disease after two decades of virtual disappearance, according to an editorial in the *Journal of the American Medical Association*. Hotspots include Salt Lake City, Columbus and Akron, Ohio, and the Pittsburgh area.

**Signs.** Rheumatic fever is an offshoot of strep infection. A child who reports a sore throat and fever should be checked by a doctor. Painful, swollen joints are a sign that rheumatic fever has set in. Individual joints often are affected only for a day or two, but the pain may crop up at several sites over a few weeks. Most heart damage goes unnoticed by parents, but fatigue, chest pain, and leg swelling may appear in severe cases. Other signs: bumplike swellings near knuckles, knees, or elbows, and rash on the back or chest.



STEVE BJÖRKMAN

**Strep thoat is cause for concern.**

**Prevention.** Early treatment can limit heart damage, but prevention—treating strep throat with antibiotics—is easier. If you doubt your child's ability to follow the 10 days of oral antibiotics, ask about a one-time injection.

### IT DIDN'T HURT AT ALL, DOCTOR

*Some women shun a lifesaving test*

Uninformed gossip may be causing some women to avoid a crucial screening test for breast cancer. Breast X-rays—mammograms—spot tumors when they are too small to be detected by the woman herself. Stories abound that the squeezing of the breast needed for a good image is painful.

Dr. Paul C. Stomper, of the Dana-Farber Cancer Institute, Harvard Medical School, surveyed more than 1,800 women at seven mammogram centers to gauge their opinion:

- 88 percent said they felt no discomfort or only mild discomfort.
- 9 percent reported experiencing moderate discomfort.
- 2 percent reported severe discomfort or moderate pain.
- None said the discomfort would stop her from getting another screening.

**Should you have a mammogram?** Finding tumors when they are small increases the chances of complete recovery, and often offers the woman the option of having just the tumor, and not her entire breast, removed.




**Women say mammograms don't hurt.**

Mammograms are recommended for all women over age 40. In addition, younger women whose mothers or sisters have had breast cancer should ask their doctors about the test.

*continued on page 70*




## Announcing New and Improved Tartar Control Crest.

When it comes to fighting tartar between dental visits, you can't get too much of a good thing. That's why now there's New and Improved Tartar Control Crest. With an added ingredient that helps stop tartar buildup before it starts. So your dental cleanings with Crest will be easier than ever. New and Improved Tartar Control Crest. To make dental cleanings easier, we've got something you can look up to.

From Crest, the dentists' choice.

ADA ACCEPTED American Dental Association

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care. Tartar Control Crest has been shown to reduce the formation of tartar above the gum line, but has not been shown to have a therapeutic effect on periodontal diseases."—Council on Dental Therapeutics, American Dental Association © P&G 1988

*continued from page 68*




**A second shot at Hib disease.**

## NEW VACCINE FOR TOTS

***Recommended for 18-month-olds***

What should you give the 18-month-old youngster who has (almost) everything? The American Academy of Pediatrics has the answer: a brand-new—and safer—vaccine. The new shot protects kids from the serious infections caused by Haemophilis influenza type b (Hib). The original Hib vaccine was usually given at age 2, sometimes earlier.

The new *conjugate Hib vaccine* is especially recommended for children in day care, who have a higher risk of getting Hib disease than stay-at-home kids. Other recommendations:

- Children between 18 and 24 months who received the original vaccine should get the new shot after the first vaccination is at least two months old.
- For unvaccinated kids aged 2 to 5 years, immunization is recommended. Either vaccine is acceptable, but the newer vaccine is preferred. Kids who got the old vaccine at age 2 don't need to be reimmunized.

## IS YOUR DOCTOR MAKING YOU *SEEM* SICK?

***Recheck your blood pressure***

You can add *doctors* to the list of factors that cause high blood pressure. According to one recent study, as many as one-fifth of people diagnosed with borderline high blood pressure may actually have normal blood pressure.

Here's why: When you are under stress, your blood pressure rises. For some of us, the sight of a doctor can cause just such a rise. Doctors have long suspected the existence of "white-coat hypertension," and researchers at the Cardiovascular Center of the New York Hospital—Cornell Medical Center back them up. The effect was strongest in women, younger patients, lower-weight patients, and those recently diagnosed as having mild blood pressure elevations.

**To protect yourself.** If your doctor says your blood pressure is *mildly* elevated, you may want to have your pressure rechecked. The study showed that the white-coat effect is less when a technician takes your blood pressure. Better yet, buy a blood pressure cuff and ask your doctor for instructions on taking your pressure at home. You may discover that you don't need medications to keep your blood pressure in line. But don't change your medication without getting your doctor's approval.



**Doctors can raise your blood pressure.**



**Skim milk gets raves, and that's no bull.**

## SKIM MILK CUTS CHOLESTEROL

***But only in some cases***

Drinking skim milk can cut high cholesterol levels by as much as 20 percent. Dr. Arun Kilara, a food scientist at Pennsylvania State University, discovered the effect in a study of 82 volunteers.

Dr. Kilara's subjects drank a quart of nonfat milk every day, but otherwise didn't add or subtract any foods from their normal diet. After eight weeks, the average drop in cholesterol level was 8 percent for those volunteers with high cholesterol levels (above 230 milligrams per deciliter of blood). Subjects with lower starting cholesterol levels showed no marked improvement.



**Your doctor's abbreviations may spell trouble.**

## DOCTOR'S SHORTHAND MAY SHORTCHANGE HEALTH CARE

***It's not just bad handwriting***

The way your doctor writes prescriptions may be endangering your health. Many physicians use confusing shorthand that could be misinterpreted by the person filling out the order, says R.A.P. Burt of Syntex Research in Palo Alto, California. Dr. Burt offers one example in a letter published in a recent issue of the *Journal of the American Medical Association.* Your doctor may write "OD," meaning "once daily." Unfortunately, it may also mean "one dose," "omni die" (every day), "on demand," or "one drop."

**Protect yourself.** Have your doctor explain precisely—and in a way you understand—what drug you will be getting and when to take it. (At the same time, also ask about potential side effects and possible interactions with other drugs you may be taking.) As a backup, ask your pharmacist to verify that the prescription matches what your doctor said.

# If you've missed your period, are you pregnant?

## FIRST RESPONSE® answers personal questions for women.
HOME DIAGNOSTIC KITS

Not necessarily. There are many factors that can affect your menstrual cycle, such as stress, illness, and strenuous exercise. If you miss your period, use the FIRST RESPONSE® Pregnancy Test to find out for sure if you are pregnant or not.



**Can the FIRST RESPONSE Pregnancy Test tell you if you're pregnant or not in 10 minutes?**

Yes. FIRST RESPONSE is the fastest home pregnancy test you can buy. In just 10 minutes, it tells you "yes" or "no." FIRST RESPONSE is three times faster than the leading home test!

**Is the FIRST RESPONSE Pregnancy Test easy to do and easy to read?**

Yes. The FIRST RESPONSE Pregnancy Test is so easy, it takes just a few simple steps. And in 10 minutes, it turns blue if you are pregnant and stays clear if you are not pregnant. Either way, it is easy to read, so there is no confusion.

**Can the FIRST RESPONSE® Ovulation Predictor Test help a woman become pregnant?**

Yes. A woman can conceive only when she ovulates. That normally happens one time a month and sexual intercourse must be planned for that time. Because FIRST RESPONSE predicts ovulation, it can tell a woman when she is most able to conceive.*

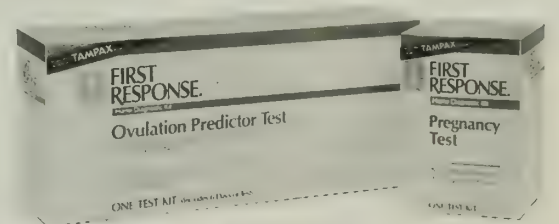
**Can a couple decide on a specific time of year to have a baby?**

It is possible to plan your pregnancy. Normally, it takes 4 to 6 months to conceive and this can make planning difficult. The FIRST RESPONSE Ovulation Predictor Test helps in timing conception, since it detects the hormone that triggers ovulation. This lets a woman know when her egg can be fertilized.

**How do you know the FIRST RESPONSE tests are accurate?**

The FIRST RESPONSE Pregnancy Test is over 99% accurate in laboratory testing.
The FIRST RESPONSE Ovulation Predictor Test is also highly accurate, but the best proof is the hundreds of women who have conceived, thanks to FIRST RESPONSE. More and more doctors are recommending FIRST RESPONSE to women who want to conceive.

*Questions? Call toll-free 1-800-523-0014.*




FIRST RESPONSE®
HOME DIAGNOSTIC KITS

## One test is worth a thousand guesses.

FIRST RESPONSE, TAMPAX and the Human Figure Design are registered trademarks of Tambrands Inc., Lake Success, NY 11042 © 1988 Tambrands Inc.

*FIRST RESPONSE® Ovulation Predictor Test is not effective as a contraceptive.

From the maker of TAMPAX® Tampons

# DIET AND HEALTH

## BUYING WHAT'S BEST FOR YOU

*Reading food labels is the first step*

By Joy Taylor




SUSAN SCHELLING

**With the multitude of foods claiming to be extra good for you, it makes sense to stop and think about what you're buying. Let this information guide you.**

### CHOOSING THE RIGHT YOGURT

*What to look for*

Nutritionally speaking, not all yogurts are created equal. So how do you pick the best yogurt for you? Here are some clues to best-health buys.

● **Container size.** When comparing nutrients, be sure to compare yogurts ounce for ounce. A 6-ounce container of yogurt may have the same calories as an 8-ounce container, but obviously there's less yogurt in the smaller container.

**COMPARE:**

**120 calories in a 6-ounce container nonfat blueberry yogurt = 20 cal. per oz.**

**190 calories in a 6-ounce container custard-style blueberry yogurt = 32 cal. per oz.**

● **Grams of fat.** Nonfat milk yogurts have less fat and calories than whole-milk yogurts. For health's sake, adults should choose the lower fat product made with nonfat milk or low-fat milk. Infants and young children can afford (and need) the extra calories in higher-fat whole milk yogurts.

**COMPARE:**

**9 grams of fat in a 5-ounce container whole milk cherry yogurt = 1.8 g per oz.**

**3 grams of fat in an 8-ounce container low-fat cherry yogurt = 0.4 g per oz.**

● **Added ingredients.** Many fruit yogurts have sugar or corn syrup added along with the fruit. A smart calorie-saving tactic is to buy plain yogurt and stir in your own favorite fresh fruit and a little sweetener. Or, you might consider buying vanilla or coffee yogurt that has less sugar added.

**COMPARE:**

**8-ounce container low-fat strawberry yogurt = 240 calories**

**8-ounce container plain low-fat yogurt + ½ cup fresh strawberries + 1 tsp. sugar = 180 calories**

● **Calcium.** Read the nutrition information panel to compare percentage of calcium. Unless the yogurt is calcium fortified, in general, nonfruit yogurts have more calcium because there's a higher ratio of milk.

**COMPARE:**

**25% of the U.S. RDA for calcium in 8 ounces blueberry yogurt**

**40% of the U.S. RDA for calcium in 8 ounces vanilla yogurt**

### HEALTH CLAIMS ON FOOD LABELS

*Fact or fiction?*

Strolling down the supermarket aisle, you're likely to spot health claims or messages on some food labels. Many health claims (such as "low-sodium") are government regulated; others are not. To protect consumers from misleading labeling, the Food and Drug Administation (FDA) is currently working on a policy to monitor health claims on foods. Until FDA action is taken, be aware that the following health claims are, for the time being, not regulated:

● **Calcium fortified:** There are no guidelines on how much calcium goes into a calcium-fortified food, or which foods can be fortified.

● **High fiber:** Some studies indicate that eating a diet rich in fiber may prevent some types of cancer. The labeling issue here is what constitutes "high fiber"—3 grams dietary fiber per serving or 5 grams?

● **Natural:** There's no legal definition of a "natural" food. In fact, even though a food says natural on the label, it may contain synthetic additives. A food labeled "natural" isn't necessarily superior in nutritional quality.

● **No cholesterol:** Although many products use this claim, some foods (such as vegetable oil) never did and never will contain cholesterol. Other foods may have no cholesterol but contain saturated fats that may be more detrimental to blood cholesterol than cholesterol itself. Therefore, a "no-cholesterol" label may simply be a come-on to buy a product. BH&G




# Who's the nut that left out the MSG?

Fisher® left it out. In fact, Fisher leaves out *nine* different enhancers and added flavorings found in Planters®. Fisher deep roasts instead for a rich, honest-to-goodness peanut flavor and aroma. You'll never find MSG* in our dry roasted peanuts, mixed nuts, cashews, pistachios, sunflower seeds or any other Fisher Nut. Next time you buy dry roasted peanuts, try the nut without the MSG.

And taste what you've been missing.




FISHER NUTS

More peanut flavor without MSG.

*Monosodium Glutamate, an artificial flavor enhancer.
Planters® is a registered trademark of Nabisco Brands, Inc.
© 1988 Beatrice/Hunt-Wesson, Inc.

# CATS! Those Furry Little Bundles Of Badness



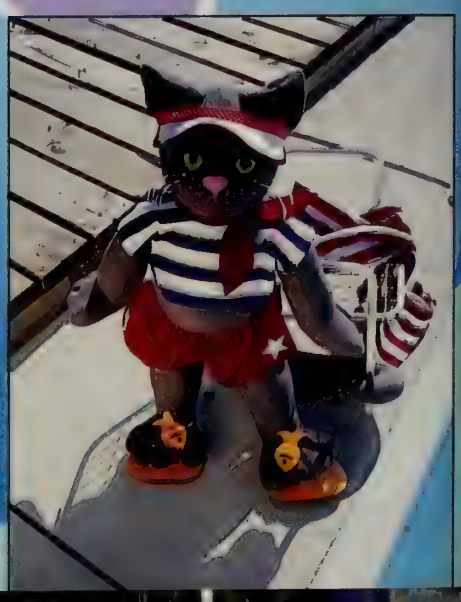
By Jim Williams and Jilann Severson



**PUSS 'N' SANDALS**

Our Miss Puss makes a splash with the beach crowd! She's a lovable Russian Blue with great taste in sportswear who agreed to pose poolside. She's really a landlubber, though.

**Want to get those cat lovers purring about their frisky feline friends? Whip up any of these kitty-cat pals to join them for some summer fun.**





PERRY STRUSE

## KITTY-CAT CROSS-STITCH

Our cross-stitch sampler is as cute as kitties in a basket. Six lively little pals dance atop a colorful alphabet. A row of hearts and a "kitty" border add to the sprightly design.





## SAMPLER SWEATSHIRT

Don't just hang our sampler on the wall—wear it, too. Craft a one-of-a-kind sweatshirt by stitching the design with embroidery floss and waste canvas.



## DUPLICATE-STITCH SWEATER

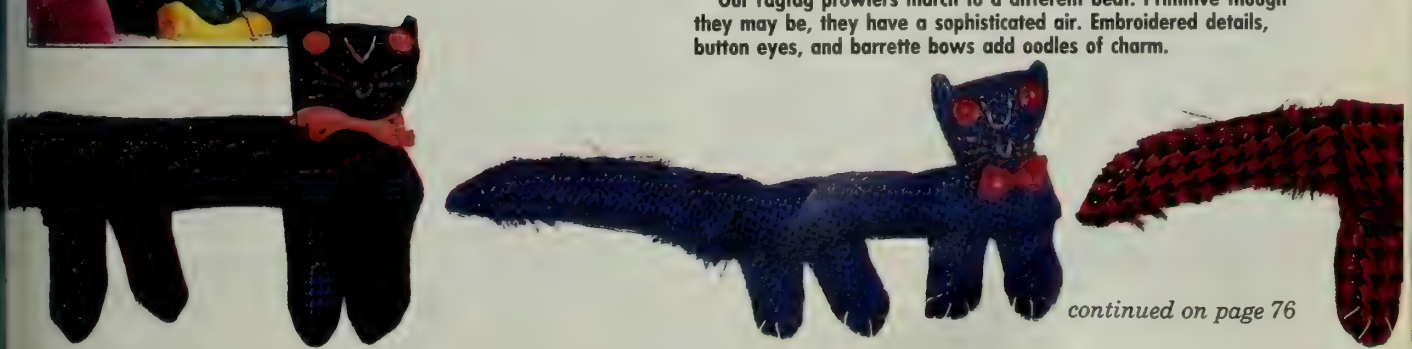
Our sampler kitties just keep on dancing! Personalize a purchased sweater with a row of cats, then add your favorite cat-lover's name.

## CATNAP QUILT

Catch 40 winks under our pieced and appliquéd quilt. Its 54×46-inch size makes it perfect for a wall hanging, too.

## FOLK-ART KITTIES

Our ragtag prowlers march to a different beat. Primitive though they may be, they have a sophisticated air. Embroidered details, button eyes, and barrette bows add oodles of charm.



*continued on page 76*



*continued from page 75*

# Bundles of Badness



## PUSSYCAT BIBS

It'll be nine lives before you again see clothes as cute as these! Add a cat face to a commercial skirt or shorts pattern. The possibilities are endless when you choose your own colors and markings.



## LOVABLE LITTERMATES

This pack of woolly little kits is looking for a home. With only three easy pieces, they're a snap to stitch from scraps of fabric. Whip up a batch to give away—no extra care required.



## KNITTED KITTY

Knit one, purr two. This knitted kitty will be a soft and cuddly lifetime friend. Unger's Fluffy yarn gives her fuzzy fur.



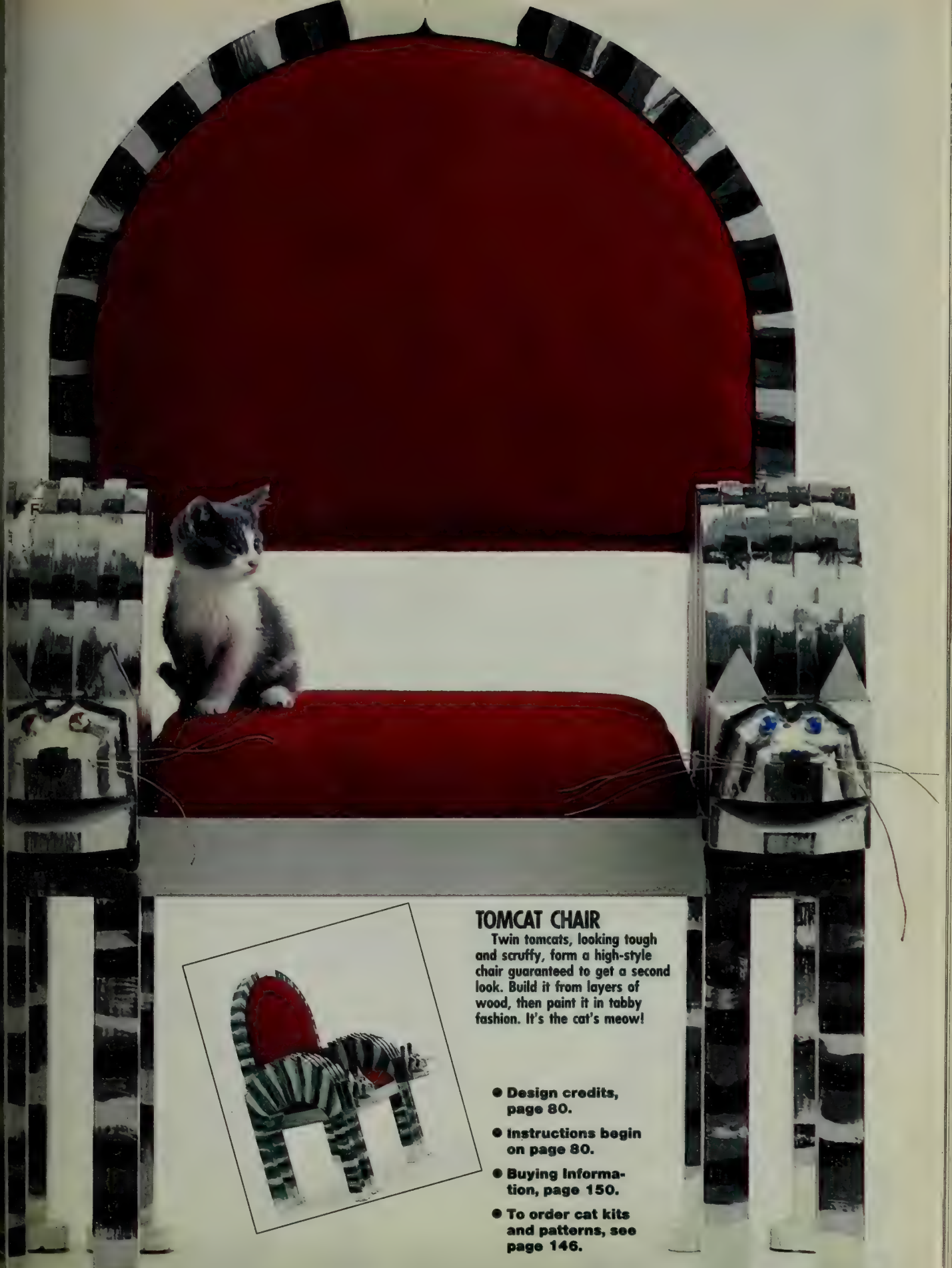
## CATS AND YARN BALL FRAME

Cats and yarn—what a combination! Two mischievous felines chase yarn balls around our sculptured frame. Layered cutouts of wood give these characters an added dimension.



## MISS MEOW AND HER SISTERS

These four proper ladies enjoy a spot of tea with an unruly cousin. Paint the muslin dolls for plenty of personality, then stitch colorful frocks with a riot of rickrack trim.





## TOMCAT CHAIR

Twin tomcats, looking tough and scruffy, form a high-style chair guaranteed to get a second look. Build it from layers of wood, then paint it in tabby fashion. It's the cat's meow!


- **Design credits, page 80.**
- **Instructions begin on page 80.**
- **Buying Information, page 150.**
- **To order cat kits and patterns, see page 146.**




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Full-color catalog with beautiful installation shots and door styles; and the names of the authorized Stanley retailers nearest you.

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## MAGIC COOKIE BARS

Makes 24 to 36 bars

**½ cup margarine or butter**
**1½ cups graham cracker crumbs**
**1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
**1 (6-ounce) package semi-sweet chocolate chips**
**1 (3½-ounce) can flaked coconut (1⅓ cups)**
**1 cup chopped nuts**

Preheat oven to 350° (325° for glass dish). In 13 x 9-inch baking pan, melt margarine in oven. Sprinkle crumbs over margarine; pour Eagle Brand evenly over crumbs. Top with remaining ingredients; press down. Bake 25 to 30 minutes or until lightly browned. Cool. Chill if desired. Cut into bars. Store loosely covered at room temperature.




## FUDGY CHOCOLATE ICE CREAM

Makes about 1½ quarts

**5 (1-ounce) squares unsweetened chocolate, melted**
**1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
**4 egg yolks***
**2 teaspoons vanilla extract**
**2 cups (1 pint) half-and-half**
**2 cups (1 pint) whipping cream, whipped *(do not use non-dairy whipped topping)***
**1 cup chopped nuts, optional**

In large mixer bowl, beat chocolate, Eagle Brand, egg yolks and vanilla; mix well. Stir in nuts if desired. Fold in whipped cream. Pour into 9 x 5-inch loaf pan or other 2-quart container; cover. Freeze 6 hours or until firm. Return leftovers to freezer.

*Use only Grade A clean, uncracked eggs.








## STRAWBERRY CHEESE PIE

Makes one 9-inch pie

**1 (9-inch) baked pastry shell *or* graham cracker crumb crust**
**1 (8-ounce) package cream cheese, softened**
**1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
**⅓ cup ReaLemon® Lemon Juice from Concentrate**
**1 teaspoon vanilla extract**
**1 quart fresh strawberries, cleaned and hulled**
**1 (16-ounce) package prepared strawberry glaze, chilled**

In large mixer bowl, beat cheese until fluffy. Gradually beat in Eagle Brand until smooth. Stir in ReaLemon and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with strawberries and desired amount of glaze. Refrigerate leftovers.





## CHOCOLATE STREUSEL BARS

Makes 24 to 36 bars

**1¾ cups unsifted flour**
**1½ cups confectioners' sugar**
**½ cup unsweetened cocoa**
**1 cup cold margarine or butter**
**1 (8-ounce) package cream cheese, softened**
**1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
**1 egg**
**2 teaspoons vanilla extract**
**½ cup chopped walnuts**

Preheat oven to 350°. In large bowl, combine flour, sugar and cocoa. Cut in margarine until crumbly (mixture will be dry). Reserving 2 cups crumb mixture, press remainder on bottom of 13 x 9-inch baking pan. Bake 15 minutes. In large mixer bowl, beat cheese until fluffy. Gradually beat in Eagle Brand until smooth. Add egg and vanilla; mix well. Pour over prepared crust. Combine nuts with reserved crumb mixture; sprinkle evenly over cheese mixture. Bake 25 minutes or until bubbly. Cool. Chill. Cut into bars. Store covered in refrigerator.

## HOT FUDGE SAUCE

Makes about 2 cups

**1 (6-ounce) package semi-sweet chocolate chips *or* 4 (1-ounce) squares semi-sweet chocolate**
**2 tablespoons margarine or butter**
**1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
**2 tablespoons water**
**1 teaspoon vanilla extract**

In heavy saucepan, over medium heat, melt chips and margarine with Eagle Brand, water and vanilla. Cook and stir constantly until thickened, about 5 minutes. Serve warm over ice cream. Refrigerate leftovers.
**To Reheat:** In small heavy saucepan, combine desired amount of sauce with small amount of water. Over low heat, stir constantly until heated through.
**MICROWAVE*:** In 1-quart glass measure, combine ingredients. Cook on 100% power (high) 3 to 3½ minutes, stirring after each minute.

*Microwave ovens vary in wattage and power output; cooking times may need to be adjusted.





## RASPBERRY-TOPPED LEMON PIE

Makes 1 pie

**1 (10-ounce) package frozen red raspberries in syrup, thawed**
**1 tablespoon cornstarch**
**3 egg yolks***
**1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
**½ cup ReaLemon® Lemon Juice from Concentrate**
**Yellow food coloring, optional**
**1 (6-ounce) packaged graham cracker crumb pie crust**
**Whipped topping**

Preheat oven to 350°. In small saucepan, combine raspberries and cornstarch; cook and stir until mixture thickens and is clear. In medium bowl, beat egg yolks; stir in Eagle Brand, ReaLemon and food coloring if desired. Pour into crust; bake 8 minutes. Spoon raspberry mixture evenly over top. Chill 4 hours or until set. Top with whipped topping. Garnish as desired. Refrigerate leftovers.

*Use only Grade A clean, uncracked eggs

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### Strawberry Cheese Pie

*Makes one 9-inch pie*

**1 (9-inch) baked pastry shell *or* graham cracker crumb crust**
**1 (8-ounce) package cream cheese, softened**
**1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
**⅓ cup ReaLemon® Lemon Juice from Concentrate**
**1 teaspoon vanilla extract**
**1 quart fresh strawberries, cleaned and hulled**
**1 (16-ounce) package prepared strawberry glaze, chilled**

In large mixer bowl, beat cheese until fluffy. Gradually beat in Eagle Brand until smooth. Stir in ReaLemon and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with strawberries and desired amount of glaze. Refrigerate leftovers.

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**SUMMER SALAD JULIENNE**

**1/3 c Heinz Distilled White, Apple Cider or Wine Vinegar**
**1/2 c crumbled blue cheese (optional)**
**2/3 c vegetable oil**
**2 tsp Dijon-style mustard**
**1 clove garlic, split**
**8 c shredded cabbage**
**1/2 lb ham, cut julienne**
**1/2 lb baby Swiss cheese, cut julienne**
**1/3 c chopped red onion**
**1/4 c chopped fresh parsley**
**1 can (11 oz) mandarin oranges, drained**

For dressing, blend vinegar into blue cheese in a small bowl. Stir in oil and mustard; add garlic. Cover dressing; chill. Combine cabbage and next 4 ingredients. Remove garlic and stir dressing well before combining with cabbage mixture. Add oranges and toss lightly. Serve in individual lettuce-lined bowls. Makes 4 servings (about 10 cups).

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### Daytime Burglary

Did you know the majority of residential burglaries are committed in the daytime, when you're not home? With double-income families more common today, your unattended home is a shopping center for burglars. There are stereos, televisions, jewelry, furs and guns that are easily removed and sold for cash or drugs.

Residential burglary is one of the nation's fastest growing, hardest to solve crimes. Burglars know their chance of actually doing prison time for burglary is 1 percent.

Your home needs protection whether you're there or not – Dynamark provides it. Eighty-five percent of police surveyed believe that security systems decrease changes of residences being burglarized.* A Dynamark Security System delivers split-second response when an intruder attempts to break in. The unwelcome guest is greeted by a shrill siren. Moments later, he'll be challenged by local police called to the scene by Dynamark's computerized security system.

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Your local Dynamark Security Center will professionally design and install your security system to fit your security needs and your budget. Plus, our nationwide monitoring center – Dynawatch – provides a 24-hour link with your Dynamark system to monitor and respond to all emergencies.




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Every Dynamark alarm activation is screened by Dynawatch to minimize false alarms and unnecessary public safety response. Eighty percent of police and 75 percent of fire chiefs prefer alarms which alert a monitoring company like Dynawatch over those that report directly to police or fire departments.*

### Nationally Known, Locally Owned

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### Do Alarms Really Work?

Recent surveys show that the four most common methods used by homeowners to protect their property are:

- Locked doors, usually deadbolts
- Having neighbors "watch the house" when away
- Outdoor lights
- Indoor lamp timing devices

But is this enough? Police statistics suggest otherwise. None of these precautions are sufficient to deter someone who is intent on breaking into your home. You need something more, something to alert local authorities when the intrusion occurs – fast!

A Connecticut Police Department** recently analyzed the reliability and effectiveness of installed alarm systems. The report found them to be **100 percent effective** for protecting property. Only when a homeowner failed to turn on his alarm system did a loss occur. **No property was stolen from homes protected with working alarms.** Dynamark provides the reliable, fast-alert protection you need at a reasonable price.

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*Percentages were taken from a national survey of police and fire chiefs prepared by the Security Equipment Industry Association.

**The Connecticut study was compiled by Thomas J. Curran, Crime Prevention Specialist for Wallingford Police Dept.

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By Linda Marsa

**HOW WOULD YOU LIKE TO MAKE A GENEROUS GIFT RIGHT NOW TO YOUR FAVORITE CHARITY, ENJOY A SIZABLE TAX DEDUCTION, AND RECEIVE A STEADY STREAM OF INCOME FOR LIFE, TOO? THAT'S WHAT THE THREE PEOPLE IN THE EXAMPLES BELOW HAVE DONE, THROUGH CHARITABLE REMAINDER TRUSTS. BUT THE DEVICE DOESN'T MAKE SENSE FOR EVERYONE. GET EXPERT TAX AND LEGAL ADVICE BEFORE YOU MAKE A COMMITMENT.**

### RETIREMENT INCOME

● Jonathan X donated a $30,000 parcel of land to the local YMCA last year. Not only did the YMCA establish a college scholarship fund in his name for the gift, Jonathan also saved more than $8,000 in taxes, and he'll receive $2,100 in income a year for life, thanks to his gift to the Y.

### A PENSION FUND

● Dr. Annabel Y gives $10,000 a year to the hospital where she is on the staff. In return, she is listed as a donor to the new hospital wing, she takes about $7,500 each year as a charitable deduction, and she'll get an average of $21,400 a year from her gift once she retires.

### GIVING A HOME

● Mary Z, a 70-year-old widow, just donated her home to the local university, with the provision that she can live in the house for the rest of her life. The gift generates almost $8,000 a year income for her, and she'll gain a major one-time tax write-off for her generosity as well.

*—Linda Marsa is a California freelance writer who specializes in taxes and other financial matters.*




**Everybody wins with this tax move.**

Under present tax law, *so long as you itemize,* you may deduct the value of donations you make to any qualifying charity. Not only that, with appreciated assets—stocks, let's say, or land that you bought for $5,000 and could sell now for $10,000—you may deduct the full market value without owing any tax on the $5,000 gain.

Charitable remainder trusts take advantage of these rules, with a twist: They're set up so that you'll receive lifetime income from your gift.

**The basic principle:** You are splitting the gift with the charity, which gets only a "remainder" interest in the property. As a result, the amount that you can legitimately deduct is prorated, based on age, other income, and number of beneficiaries.

The younger you are, or the larger the yields, the smaller the tax break. On the other hand, because you retain earnings from the assets during your lifetime, you can donate more than you could normally afford to part with, says Conrad Teitell, a New York lawyer specializing in philanthropy and estate planning. These arrangements also provide the benefit of expert management of your funds.

### A variety of choices

Charitable remainder trusts come in a number of formats:

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*continued on page Z7*



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ontinued from page Z4

ontributions are thrown into a hopper, he pooled money is invested in a portolio of securities, you receive regular arnings from your share, and that inome is taxable. These work best with maller gifts—$5,000, $10,000 or so.

Most larger gifts—generally restricted to $25,000 or more—are set up in ne of two ways: 1. ***Unit trusts*** base ields on the overall value of the trust ssets in any particular year. 2. ***Annuty trusts*** determine income payments ccording to the value of the property t the time you make the gift. In both ases, some, but not all, of the income is axable, according to complex tax rules.

It's also possible to donate a remainler interest in your home without seting up an actual trust. You may gain ome regular income, you'll receive cerain tax breaks, and you can live in your home for the rest of your life.

## Sample plans

Most public charities will tailornake a remainder trust program to fit your pocketbook and financial objectives. Check details with experts:

The three examples at the beginning of this article meet three typical goals:

● **To supplement retirement income.** Jonathan X, a 60-year-old executive, owned a parcel of raw land that had jumped in value from $10,000 to $30,000. If he had sold the land last year, the 28-percent tax bite on his $20,000 capital gain would have eaten up $5,600 of profits. Instead, he donated the property to the local YMCA's pooled income fund which pays him 7 percent a year, or $2,100. That's several hundred dollars more than if he had sold the land, paid taxes, and reinvested the profits.

Not only did Mr. X escape a $5,600 tax bill on his gain, he also saved another $2,784 by qualifying for a $9,942 charitable tax deduction in 1987, based on what the remainder interest would be on the $30,000, given his age and trust earnings.

● **To use as a pension-planning tool.** Dr. Annabel Y, aged 46, wanted to sock away as much as she could for retirement, but she had already funded her pension plan to the regulatory limit. So, she decided to put $10,000 a year into a "deferred gift annuity" at the hospital where she is on staff.



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*These devices offer one of the few good tax breaks left after the laws changed in 1986.*

Dr. Y's average tax deduction is 68 percent of what she puts in the pot. By the time she reaches age 65, her contributions will have swelled to $200,000 and will generate a 10.7-percent annual yield, the agreed-upon rate when she began buying the annuity. That will produce a hefty income stream averaging $21,400 a year. About 12 percent is tax exempt. Also, Dr. Y's name is listed as a benefactor for a new hospital wing.

● **To gift your home and live there, too.** Mary Z, a 75-year-old widow, lives in a $225,000 home that she and her late husband purchased in a major university town for $75,000 in 1957. Rising expenses had stretched her budget to the limit, and she had no heirs. As a solution, Mary gave the university the house—with the understanding that she can live there until her death.

The remainder value of the house was appraised at $92,500. Mary is allowed to write off almost $50,000 of the gift outright. The rest of the remainder interest—$42,500, under the IRS formula—was sold to the university in exchange for an annuity that pays 8.5 percent, or $655 a month. Some of that regular income may be tax-free, pending possible IRS allowances currently under evaluation.

Everyone's happy. Mary has extra income, and she gets to stay in her home, which the university plans to use eventually to house foreign students.

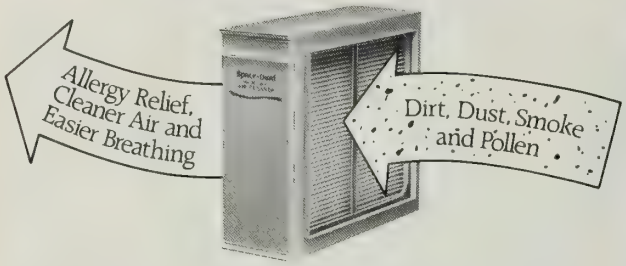
## Strategies

● You must itemize on your tax return to get the benefit of this tax deduction. If appropriate, time your gift so you can get maximum benefit from the standard deduction in another year.

● To maximize tax benefits, donate appreciated assets—real estate, stocks, or other securities.

● If you're at a high income level, your gift deduction may be affected by the Alternative Minimum Tax rules. Check with an expert. Again, timing may make the difference.

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### MIX NOSTALGIC CHARM WITH FUNCTION

Here, all the indispensable elements—a reproduction Victorian crib, a three-tiered changing table (with a convenient on-a-hanger hamper), a skirted table, a night-light, and a rocking chair—are all in step-saving proximity.

### MAKE THE MOST OF VERTICAL SPACE

Adjustable floor-to-ceiling shelves provide instant access to the nursery's minimum daily requirements: clothing, bedlinens, diapers, and a flock of cuddly critters. (As the inventory grows, more shelves can be added easily.)

Plush new carpet adds the right touch of softness, turning the floor—an inquisitive tot's favorite hangout—into a warm and well-padded playground. (When choosing carpet for a nursery, be sure to select one that is stain-resistant. A tight-looped pile will show the least traffic wear.)

A white-walled scheme like this makes redecorating easy, too. Just replace the washable yellow cotton fabric with other colors and patterns as your child grows.

Design: Charles/Kline. Field editor: Barbara East Cathcart



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# MUSSELS FOR YOUR MEALS

## HOW TO CLEAN, COOK, AND ENJOY THEM

**WHAT A CATCH! MUSSELS ARE NOT ONLY TOPS ON TODAY'S "HOT FOODS" LIST, THEY'RE ALSO EASIER TO FIX THAN YOU MAY THINK. FOLLOW THESE RECIPES AND TIPS TO MARVELOUS MEALS.**

### CHILLED MUSSEL SALAD

*Buy a few more mussels than you need to allow for those that don't open—*

- 24 to 28 fresh mussels in shells
- ½ cup chopped onion
- 1 clove garlic, minced
- 2 tablespoons margarine *or* butter
- ½ cup lemon juice
- ¼ cup snipped parsley
- 1 recipe Mustard Dressing (see recipe, opposite)
- ½ cup sliced fresh mushrooms
- ¼ cup sliced radishes
- ¼ cup chopped green pepper



SCOTT LITTLE

**MORSELS OF MUSSELS** in a refreshing main-dish salad.

- Bibb lettuce leaves
- 6 cherry tomatoes, halved

Scrub, rinse, and soak mussels according to directions opposite, far right. In same Dutch oven used to soak mussels, cook onion and garlic in margarine till tender. Add lemon juice, parsley, 1 cup *water,* and ½ teaspoon *pepper;* bring to boiling. Add mussels; reduce heat. Cover; simmer 4 to 6 minutes or till shells open. Transfer mussels to plate; cool. Discard liquid and any unopened shells. Gently pull meat from shells; cover and chill. Reserve *12* shell halves; rinse and dry.

Combine mushrooms, radishes, and green pepper. Gently stir in meat of *12* mussels. Remove and reserve *1 tablespoon* Mustard Dressing; toss remaining dressing with mussel mixture. Spoon onto 2 lettuce-lined plates. Add tomatoes to plate. Place *6* shell halves on *each* plate; fill with remaining mussel meat. Drizzle *¼ teaspoon* of the reserved dressing over *each* shell. Chill till serving time. Serves 2.

"Dubarry" by Mikasa New York, NY

"Grillage" by Taitu Dallas, TX

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***Mustard Dressing:*** Stir together 2 tablespoons *salad oil,* 1 tablespoon *tarragon vinegar,* 1 tablespoon *mayonnaise,* 1 tablespoon *Dijon-style mustard,* ¼ teaspoon *sugar,* and ¼ teaspoon *pepper.*

***Nutrition information per serving:*** *504 cal., 27 g pro., 21 g carbo., 35 g fat, 89 mg chol., 899 mg sodium, 1,012 mg potassium, 2 g dietary fiber. U.S. RDA: 35% vit. A, 126% vit. C, 26% thiamine, 30% riboflavin, 42% iron.*

## STEAMED MUSSELS IN WINE

*Soak up the broth with slices of crusty French bread—*

**2 pounds fresh mussels in shells**
**3 shallots, chopped**
**1 clove garlic, minced**
**3 tablespoons margarine *or* butter**
**1 cup dry white wine**
**½ teaspoon dried dillweed**
**½ teaspoon dried thyme, crushed**
**1 bay leaf**

Scrub, rinse, and soak mussels. In same pan, cook shallots and garlic in hot margarine or butter till soft. Add the wine, dillweed, thyme, bay leaf, and ½ teaspoon *pepper.* Bring to boiling. Add mussels; reduce heat. Simmer 4 to 6 minutes or till shells open. Remove from heat. With slotted spoon, transfer mussels to individual serving bowls, reserving juices; cover mussels to keep warm. Discard any unopened shells. Strain juices through a strainer lined with cheesecloth. Spoon juices over mussels. Makes 2 main-dish servings.



**SUCCULENT STEAMED MUSSELS** in a rich wine and herb broth.

***Nutrition information per serving:*** *446 cal., 27 g pro., 15 g carbo., 21 g fat, 92 mg chol., 742 mg sodium, 772 mg potassium. U.S. RDA: 21% thiamine, 24% riboflavin, 43% iron.*

### PREPARING MUSSELS



- Soaking removes any dirt inside the shell.
- Scrub and rinse the mussels under cold running water. Remove the beards (as shown in the photo above.)
- In a 6- to 8-quart Dutch oven combine 4 quarts *cold water* and ⅓ cup *salt;* add mussels. Soak for 15 minutes; drain and rinse. Discard water. Repeat soaking, draining, and rinsing twice. Continue as directed in recipe.

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# BAKED SNAPPER

## ELEGANT AND EASY TO FIX

**In flavor and looks, red snapper stands apart as one of the finest cooked sh. Its flesh is moist, tender, and mild tasting. We add "easy" to snapper's aits with this recipe. Two simple steps are all it takes.**



SCOTT LITTLE

Top Citrus Baked Red Snapper with paprika-edged lemon slices.

**TEP 1.** Marinate the fish in herbed range juice.

**TEP 2.** Let the fish bake unattended hile you toss a salad and pour bev-rages. Heat the marinade to serve ver the baked fish.

### CITRUS BAKED RED SNAPPER

*Flavor the fish with orange and dill—*

- 1 2- to 2½-pound fresh *or* frozen dressed red snapper
- ¼ cup frozen orange juice concentrate, thawed
- 1 tablespoon cooking oil
- 1 teaspoon fresh snipped dill *or* ¼ teaspoon dried dillweed
- Hot cooked rice
- Lemon slices
- Paprika

Thaw fish, if frozen. Remove head nd bones. Place fish in a 12x7½x2-nch baking dish. Combine orange juice oncentrate, oil, dill, and ¼ cup *water.* our *half* of the mixture into fish cavi-y and remaining mixture over fish. Cover; marinate several hours or over-ight in the refrigerator, spooning mar-nade over fish several times.

Drain fish, reserving marinade. Re-urn fish to baking dish. Cover with foil and bake in a 350° oven for 45 to 50 minutes or till fish just flakes with a fork, brushing once with marinade.

Use 2 large spatulas to transfer fish to a serving platter. Spoon rice to one side. Heat reserved marinade and pass with fish. Dip edges of lemon slices in paprika, then lay atop the baked fish. Garnish with *fresh dill,* if desired. Makes 4 or 5 servings.

***Nutrition information per serving:*** 329 cal., 36 g pro., 32 g carbo., 5 g fat, 94 mg chol., 115 mg sodium, 701 mg potassium, and 1 g dietary fiber. U.S. RDA: 28% vit. C, 30% thiamine, 36% niacin, 13% iron. BH&G



# COOLING-UNIT COVER-UP

## HIDE THE EQUIPMENT AND BEAUTIFY THE BACKYARD

**A cedar fence with a decorative lattice crown keeps air-conditioning equipment from spoiling the landscape.**

### No more eyesore

As part of an overall backyard beautification project, the homeowners built new cedar steps leading down to the woods at the edge of their property. That increased the traffic past their two cooling units—and those metal boxes didn't blend well with the rustic setting. A new cedar fence solves the problem by concealing the two units.



PHOTOGRAPH: RICK TAYLOR, FIELD EDITOR; RUTH REITER

**This 45-inch-high fence blends nicely with the brick exterior and rustic deck. It gives no hint of the metal boxes inside.**

### Boards and posts

The owners built the fence using rough-sawn cedar 1×4 boards and 4×4 posts. Stock cedar lattice sections adorn the top. The pen encloses a 4½×9½-foot area, allowing room for maintenance workers to service the units.

### Anchored

The cedar posts extend about 3 feet below the ground, with collars of concrete holding them in place at the bottoms of the post holes and just below grade level.

Landscape design: Darlene Dickerson, White Oak Landscape



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# PRIVACY FENCE WITH A VIEW

## LAP SIDING AND LATTICE DO THE TRICK

**A side entry usually puts you in plain sight of the street and neighboring houses. Here's a pretty way to make it private.**

### The front end

Do you sometimes feel self-conscious heading out your back door in scruffy cutoffs or lugging packages up to the stoop with keys dangling from your teeth? A privacy fence like the one Dean and Emilie Fitch built might put your mind at ease.

The Fitches clad the front end of their new fence with cedar lap siding. A diamond-shape, latticed portal softens the street side and lets sunshine cast patterns on the interior sidewalk.



PHOTOGRAPH: SUSAN GILMORE, FIELD EDITOR: PAT CARPENTER

**The diamond-shape portal facing the street and the curved rail on the adjoining latticed sections give the fence its charm.**

### The lighter side

Stock lattice panels along the lot line form an enclosure without that closed-in feeling. The graceful curve of the top rail and the seven custom-milled finials lend a bit of architectural elegance to the house. The builder soaked the top rail in water for five hours to make it bendable, before screwing it to the tops of the 4×4 posts. BH&G

Landscape design: Earth-N-Wood Designs





# FREE-SPIRITED COLONIAL

## A NEW LOOK FOR AN OLD STYLE

By Michael Walsh



JESSIE WALKER ASSOCIATES

**Dashes of the unexpected bring this colonial-flavored room up to date.**

**The look is comfortingly colonial, but there's nothing old-fashioned about this family room. Want the best of both worlds for your home? Here's how to tamper with tradition:**

### USE FRESH FABRICS

Camelback sofas offer instantly familiar, reassuring shapes, but candy-stripe cotton upholstery keeps them from being as fussy as their forebears. Down-stuffed seat cushions make the sofas ideal for sitting on or nestling in. Nearby, a wing-back chair—another old favorite—is dressed in a bold flame-stitch fabric to bridge the fashion gap between then and now.

### LIGHTEN YOUR OUTLOOK

Instead of fancy swags and jabots, simple curtains made of more striped fabric give the windows a look that's more friendly than formal. The unadorned treatments offer fringe benefits, too, with open views and incoming light that help to keep the room bright and airy.

### TRY UNEXPECTED ACCENTS

From floor to ceiling, this room is full of surprises. Underfoot, where you'd be tempted to place a braided rug, a Persian rug adds warm-as-toast color and a punch of pattern. Although rugs of this heritage are often found in formal settings, you can work them into more relaxed rooms when other elements have been deformalized. Climbing the walls to the ceiling beams, putty-colored woodwork offers a refreshing alternative to run-of-the-mill white.

### SELECT STURDY ANTIQUES

Standing at opposite corners of the room, a painted corner cupboard and bow-back Windsor chairs add a smattering of authentic antiquity. But these are still-functional pieces, not fragile fossils. Prized for their plain-and-simple designs, the antiques meld into a modern family room without turning it into a hands-off museum setting.

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# ENTRYWAY FIX-UP

## TRELLIS SAYS 'WELCOME'



DESIGN: JOHN KRAUSE; FIELD EDITOR: BARBARA CATHCART

Louvers rotate to vary the amount of shade.

**This front-entry trellis greets visitors and extends the living space into the front yard.**



PHOTOGRAPHS: LAURIE BLACK AND ROSLYN BANISH

A perfect spot for an afternoon coffee break.

### MORE OR LESS LIGHT

After he remodeled his whole house, the homeowner added a trellis to shade his front deck and create a welcoming environment for visitors. The 7-foot-high trellis provides a transition from blue sky to low ceiling. It prepares guests for the 7-foot-high interior entryway, which opens to a spacious living room with a 14-foot ceiling. The trellis also offers a shaded spot to greet friends, share the view, or bid guests a prolonged farewell. You can rotate each louver independently to let in just as much sunshine as you wish.

### DESIGN AND CONSTRUCTION

The louvers are 2×6-inch redwood boards cut into 8-foot lengths, fastened at each end with lag screws to an 8×12-foot redwood frame. Four supporting 4×4-inch posts are clad in galvanized steel, providing a high-tech design element that appears inside the house as well. The posts are anchored in the built-in bench and enclosure wall. The homeowner built the trellis himself, and spent about $300 on the materials.

# GREAT VASES FROM TOSS-AWAYS

## OUT-OF-THE-ORDINARY CONTAINERS

**Street-smart containers create *beaucoup* attention for your bouquets. Look around for cast-offs relegated to the scrap pile for savvy containers that show off your blooms. Great looks don't have to cost a fortune!**

### ▼A GALLON OF GUSTO

For a shocker of a vase, give an old paint can a whole new life as a gallon-size crock or flowerpot. Shiny enamel drips with a still-wet-to-the-touch look fool the eye and add some fun to an otherwise serious setting.



A cluster of mismatched bottles holds individual blooms.

### ◀NO DEPOSIT, NO RETURN

Old bottles of any sort make great collectible vases. Gather old mason jars, miniatures, and wine and pop bottles to hold an assortment of flowers near a sunny window. Leave a few of the bottles empty, just to let the light shine through!

### ▼STUD VASES

Scrap-heap lumber is really a bud vase in disguise! You can craft your own versions of these wooden wonders in no time at all. Drill a ¾-inch hole in one end of a 2×4 to hold a stem and water vial. Leave unfinished or stain as you like.



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*continued from page 77*

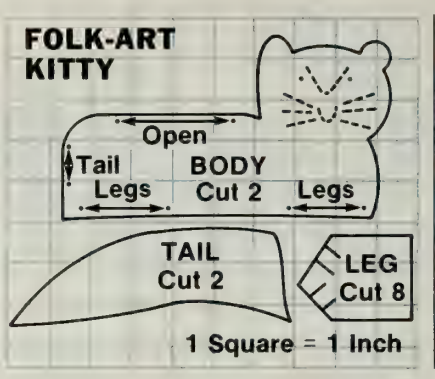
**FOLK-ART KITTIES, page 75**
**To order full-size pattern, see page 146.**

**Materials:** For each kitten: ¼ yd. tightly woven wool; two ⅜-in. buttons for eyes; white or ecru embroidery floss; 1 barrette; sawdust or polyester fiberfill.

**Instructions:** Finished size, approximately 6×13 in. all pieces.

*Note:* Unless otherwise stated, sew with right sides together and use ¼-in. seam allowances.

Enlarge pattern (*right*) to scale; cut out all pieces.




With wrong sides together, hand stitch around tail along seam line using embroidery floss and running stitches. If desired, fray raw edges for character.

Transfer face and toe markings to right side of appropriate pieces. Sew eyes in place. Embroider face and toes with running stitches. See photograph on *page 75* for detail.

Sew 2 legs together, leaving open at top; repeat for remaining legs. Stuff legs ½ full; baste raw edges together.

Baste legs and tail to right side of body front at markings. With legs and tail still turned inward, sew body front to back, leaving open between dots.

Clip corners and curves; turn to right side. Firmly stuff body; slip-stitch opening closed. Tack barrette at neckline.


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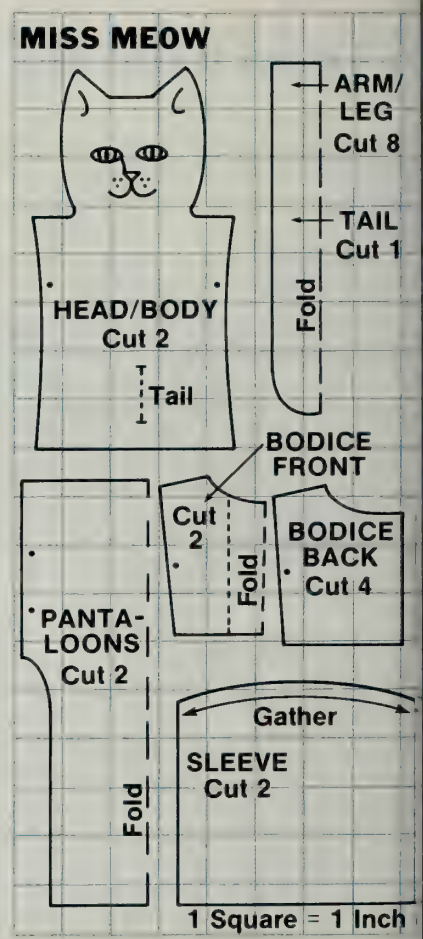
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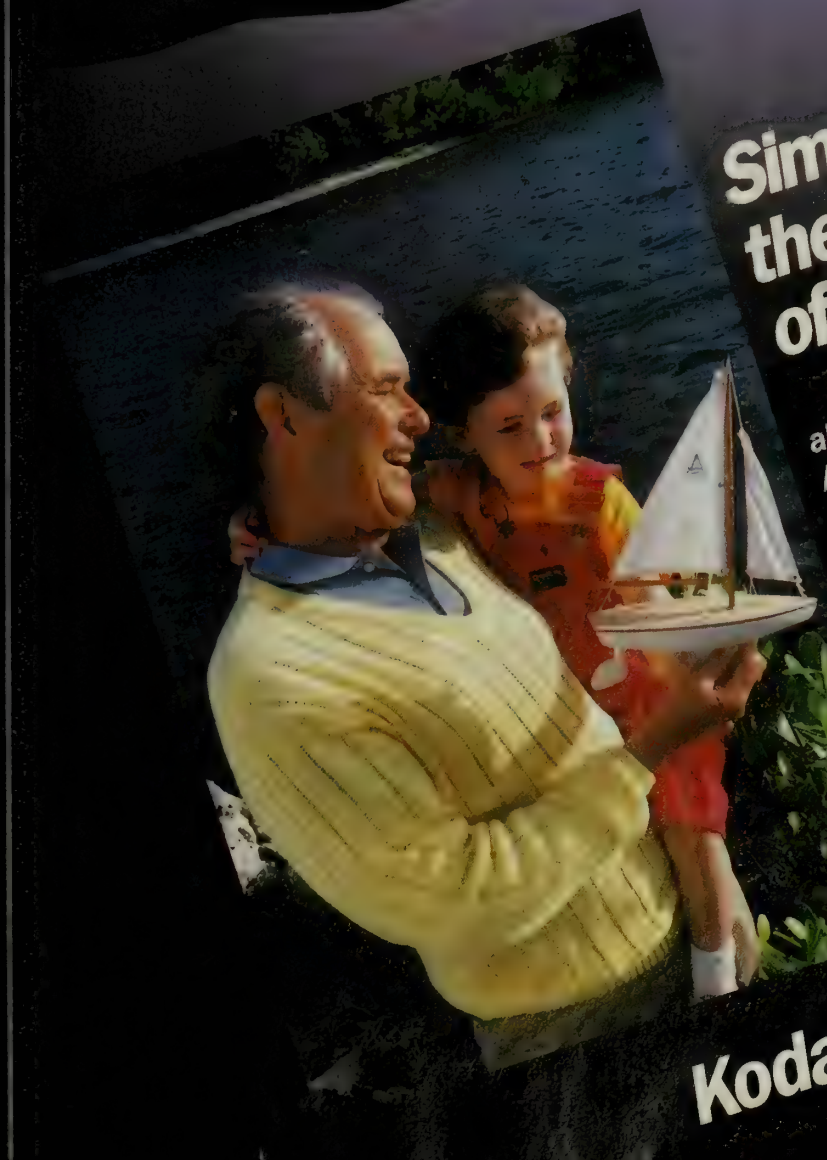

**MISS MEOW AND HER SISTERS, page 76**
**To order full-size pattern, see page 146.**

**Materials:** For each doll: ¼ yd. unbleached muslin; ¼ yd. fabric for dress; ¼ yd. white fabric for pantaloons; polyester fiberfill; scraps rickrack trim; gesso primer; acrylic paint in desired colors; thin black permanent marker (optional); spray varnish.

*continued on page 82*

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## CATS

*continued from page 80*

**Instructions:** *Note:* Unless otherwise stated, sew with right sides together and use ¼-in. seam allowances.

Finished size, approximately 13 in.

Enlarge pattern (see *page 80*) to scale, flopping to complete where necessary. Cut out all pieces from appropriate fabrics; cut 8×20-in. rectangle for skirt.

***To make dolls:*** Sew pairs of arm/leg pieces together, leaving open at top. Turn and stuff firmly, leaving top 1½ in. empty. Sew raw edges closed.

Fold tail in half lengthwise. Sew, stuff, and finish same as for arms/legs.

Sew tail to body piece along placement line. Turn tail to other side and stitch again.

Sew arms to body back as indicated on pattern. With arms turned inside, sew body front to body back, leaving bottom open.

Clip curves; turn to right side and stuff firmly. Sew bottom closed.

Sew legs to front, matching raw edges and side seams. Fold legs down and sew again ¼ in. from fold.

***To paint dolls:*** Prepare surface by painting head and neck with 2 coats gesso primer, allowing each coat to dry completely. Repeat with arms (up to elbow), legs (up to knee), and tail.

Paint head, neck, arms, and legs with base color of acrylic paint. With contrasting colors, add desired markings; allow to dry. See photograph on *page 76* for detail.

Transfer face and paw markings to doll; paint inner areas of eyes, ears, nose, and paws. Using thin black permanent marker or watered-down black paint and thin brush, outline all painted areas and draw remaining details. Allow to dry completely.

Spray all painted areas with varnish.

***For pantaloons:*** Sew fronts together along center front seam line. Press upper and lower edges under ¼ in. Sew center back seam, leaving open between dots for tail.

Bring center front and center back seams together; sew inner leg seam.

Turn pantaloons to right side and place on doll. Hand-sew running stitches around upper edge; pull tightly around waist and tack to body.

***For dress:*** Sew bodice back pieces to front at shoulders. Repeat for lining.

Sew rickrack to bodice along center front and dotted lines. Sew lining to bodice along center back and neck edges. Clip edges; turn and press.

Press lower ¼ in. of sleeves to wrong side. Gather upper edge of sleeves to fit bodice between dots; sew in place.

Sew underarm seam, stitching through both bodice and lining.

Press 1 long edge of skirt under ½ in. Press under again ¾ in., encasing raw edge. Sew rickrack to right side, ¾ in. from folded edge. *Note:* This stitching should catch upper folded edge on wrong side and form hemline. Sew second row of rickrack to skirt ¾ in. from first row; repeat for third row.

Sew center back seam, leaving top 2½ in. open. Press seam allowances of open edge under.

Gather upper edge to fit bodice; sew in place. Turn dress right side out and place on doll.

Finish lower edge of sleeve same as for pantaloons, tacking to arm.

Overlap center back seams. Sew opening closed.

**PUSSYCAT BIBS, page 76**

**Materials:** Commercial pattern for skirt or shorts with flat waistband in front and elasticized waistband in back; fabric as called for on pattern plus ¼ yd. for straps; ⅜ yd. white fabric for outer eyes and bib; scrap fabrics for cat markings; ¼ yd. backing fabric; scrap yellow or green fabric for eyes; scrap pink fabric for nose; Wonder-Under Transfer Web; ⅓ yd. ¾-in.-wide elastic; matching threads; black and white embroidery floss; 2 buttons; 12×16 piece fleece; water-erasable marker.

**Instructions:** *Note:* Unless otherwise stated, sew with wrong sides together and use ⅝-in. seam allowances.

Cut out all necessary pattern pieces except waistband. Cut 2 front waist-

*continued on page 84*

# Meet Patrick O'Brien.














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*continued from page 82*

bands, 2¼ in. wide by front measurement of skirt/shorts. Cut back waistband 3¼ in. wide by back measurement of short/skirt. *Note:* Be sure to include side-seam seam allowances on waistband pieces.

***For bib:*** Enlarge head portion of Miss Meow (see *page 80*) to approximately 7¼×8¼ in., or desired size. *Note:* Part of neck and chest of cat may also be used. See photograph on *page 76* for detail. Cut out head from remaining fabric, adding seam allowances; cut backing and fleece to fit head. Trace facial and ear markings to head with water-erasable marker.

Fuse transfer web to appropriate eye, nose, and marking fabrics according to manufacturer's directions. Trace facial markings onto paper side of transfer web; cut out and fuse into place according to directions.

Machine-satin-stitch around all pieces, along nose and mouth lines, around ear, and down center of eye. Embroider French knots at center of eyes and for whiskers.

From remaining fabric, cut 2 straps, 3 in. wide by desired length. Press in half lengthwise. Press raw edges of long sides under ¼ in. Edgestitch both long edges of straps.

Baste fleece to wrong side of face; trim fleece seam allowance. Pin straps to ears, adjusting angle as necessary; baste seam. Sew backing to face. Trim and clip seams; turn and press.

***For skirt:*** Baste bottom edge of face and lining together; sew to top of front waistband, matching centers. Sew remaining front waistband to waistband and face along top edge, sandwiching face between waistbands.

*Note:* If garment has back waistband casings cut in one with back pieces (instead of separate back waistband pieces), ignore our directions for back waistband and follow pattern instructions instead.

Fold back waistband in half lengthwise; press. Sew back waistband to skirt back; press under seam allowances on long edge. Sew 1 side seam of skirt and waistband.

Fuse transfer web to fabric for calico spots. Cut irregular shapes from fabric; fuse to skirt according to manufacturer's directions. See photograph on *page 76* for detail. Machine-satin-stitch around all spots.

Gather skirt front to front waistband, matching centers and side seams. Turn front and back waistband to inside; sew in place.

Cut elastic to fit back waist; insert into back waistband casing, securing at ends. Sew remaining side seam.

Try skirt on child; adjust straps to proper length. Sew buttons to inside of back waistband. Make machine button holes on straps. Machine-hem.

***For shorts:*** Cut waistbands same as for skirt. Assemble shorts according to pattern, except for front band.

To attach bib, sew backing to front waistband same as for skirt. *Note:* Leave face portion and batting free from waistband. Finish waistband and elastic back same as for skirt.

Lap free portion of bib over front of shorts; satin-stitch in place by machine. Finish straps same as for skirt.

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**KNITTED KITTY, page 76**

**To order kit, see page 146.**

**CATNAP QUILT, page 75**

**Materials:** 45-in.-wide fabric as follows: ⅝ yd. red and white ticking stripe, 1 yd. red cotton for squares and mouth, 1 yd. white cotton for squares and paws, 16-in.-square blue calico for cat, scrap white print for cat's bib, scrap pink for nose, 1¾ yd. blue for border, 1¾ yd. yellow for border and eyes, 4 yd. cotton for backing; 50×58-in. quilt batting; transparent nylon thread; 1 yd. Wonder-Under Transfer Web; white embroidery floss.

**Instructions:** Finished size, approximately 47×55 in.

*Note:* Unless otherwise stated, sew with right sides together and use ¼-in. seam allowances.

*continued on page 87*

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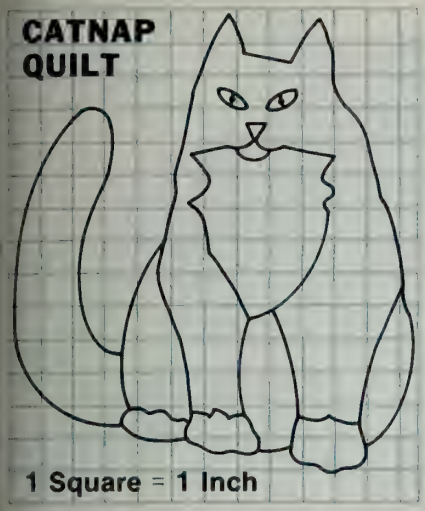
LIGHTS 100s FILTER, MENTHOL: 9 mg. "tar", 0.8 mg. nicotine, LIGHTS 120s FILTER, MENTHOL: 12 mg. "tar", 1.0 mg. nicotine, FILTER, MENTHOL: 17 mg. "tar", 1.3 mg. nicotine, av. per cigarette by FTC method.

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*continued from page 84*

## CATNAP QUILT




Cut thirty-two 4½×4½-in. squares from red and thirty-one 4½×4½-in. squares from white. Sew together in checkerboard fashion with 9 squares across and 7 squares down. Place red blocks at corners. See photograph on *page 75* for detail.

Cut ticking stripe fabric into 16½-in.-long by 36½-in.-wide piece. Sew to top of pieced squares.

Enlarge cat pattern (*above*) to scale. Following manufacturer's directions, fuse transfer web to appropriate fabrics. Transfer pattern pieces to back of fused fabrics; cut out. Fuse bib, paws, mouth, nose, and eyes to cat following manufacturer's directions. Position cat and fuse to quilt. See photograph on *page 75* for detail.

Using machine satin stitch and appropriate threads, outline eyes, nose, mouth, bib, feet, and front legs. To detail eyes, satin-stitch centers with black thread; make French knot in center with white floss.

Machine-appliqué outline of cat to quilt with red thread.

For borders, cut yellow fabric length into four 1½-in.-wide strips; cut blue fabric length into four 4½-in.-wide strips. Sew yellow strip to each blue strip lengthwise.

Match center of yellow strip to center of quilt at each side. Sew strips to quilt, mitering at corners. Trim excess fabric at miters.

Piece backing as necessary. Layer backing, batting, and quilt top. Baste through all layers on major seam lines.

With transparent thread on the machine and thread to match backing on the bobbin, machine-quilt along all seam lines, along stripes of ticking stripe fabric, and around cat.

Trim batting and backing even with quilt top. Cut remaining blue fabric into 2-in.-wide strips. Piece strips together and bind quilt, mitering at corners. Remove basting.

*continued on page 89*

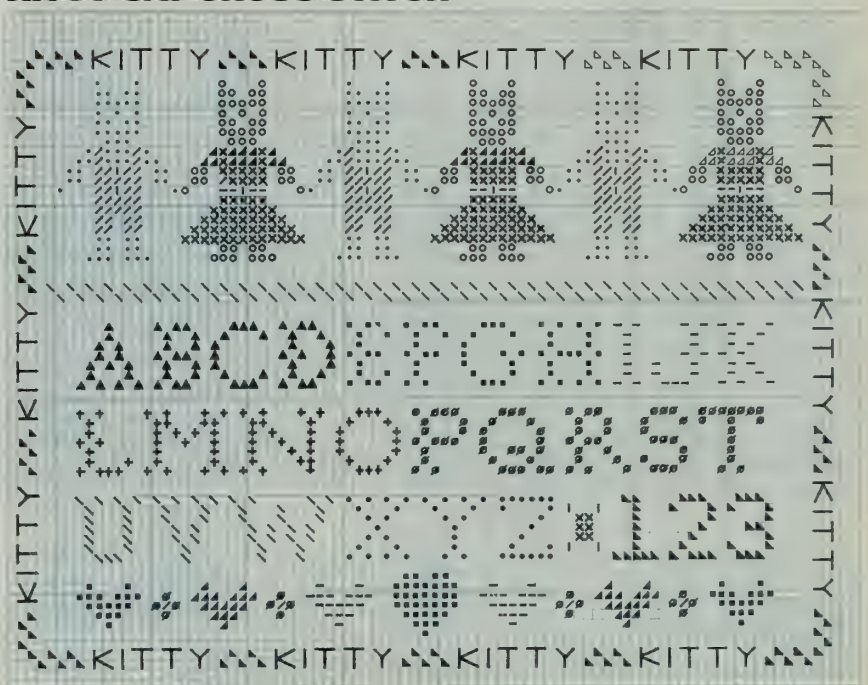
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- ◪ Lt. Blue 518
- ▨ Lt. Green 564
- ⊠ Pink 605
- ◭ Orange 608
- ▧ Green 704
- ⊟ Magenta 718
- ◫ Gold 742
- ⊞ Violet 793
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- ◣ Bt. Blue 996
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*continued from page 87*

**KITTY-CAT CROSS-STITCH, page 75**
**To order sampler kit, see page 146.**
**Materials:** 8×10-in piece black 14-ct. Aida cloth; DMC floss colors: white, red No. 321, light blue No. 518, light green No. 564, fuchsia No. 600, pink No. 605, orange No. 608, green No. 704, magenta No. 718, gold No. 742, violet No. 793, medium blue No. 798, bright blue No. 996, light gray No. 3024.
**Instructions:** Finished stitching area, approximately 6½×4¾ in.

Find center of pattern (see *page 87*) and center of fabric; begin stitching here. Cross-stitch design area using 3 strands over 1 square. Backstitch lettered area of border using 2 strands over 1 square. Frame as desired.

**SAMPLER SWEATSHIRT, page 75**
**Materials:** Purchased black sweatshirt; 10×12-in. piece 8½-ct. waste canvas; DMC floss colors listed above.
**Instructions:** Preshrink sweatshirt. Baste waste canvas to sweatshirt, centering over desired area.

Find center of design (see *page 87*) and center of canvas; begin stitching here. Cross-stitch entire design using 3 strands over 1 square. Backstitch lettered area of design using 2 strands.

Remove waste canvas. If desired, reinforce back of stitching (inside of sweatshirt) with lightweight knit fusible interfacing.

**DUPLICATE-STITCH SWEATER, page 75**
**Materials:** Purchased sweater with plain stockinette knit; tapestry needle; graph paper; DMC floss in desired colors listed above; safety pins.
**Instructions:** *Note:* Design may be varied according to size of sweater and length of name. Colors of floss used will vary with color of sweater.

Mark off desired design area on sweater with safety pins; count number of stitches both horizontally and vertically. Block off this number of squares on graph paper.

Determine how many kittens will fit within horizontal space; chart kitten designs from pattern (see *page 87*) onto graph paper, centering design. Chart name, centering under kittens and within vertical space.

Adjust pinned area of sweater, if necessary. Beginning at upper-left corner of chart and upper-left corner of pinned area, duplicate-stitch entire design.

***To duplicate-stitch:*** Leave 2- to 3-in. tail at beginning and end; weave tails under stitching to secure when finished. Draw floss from wrong side to front, around original knitted stitch, and back to wrong side. Stitch over each knitted stitch of sweater to form design, using appropriate number of strands of embroidery floss. *Note:* Number of strands will vary with size of knitted stitch. Use only enough to cover original stitch.

If desired, secure stitching by applying lightweight fusible interfacing to back of design (inside of sweater).

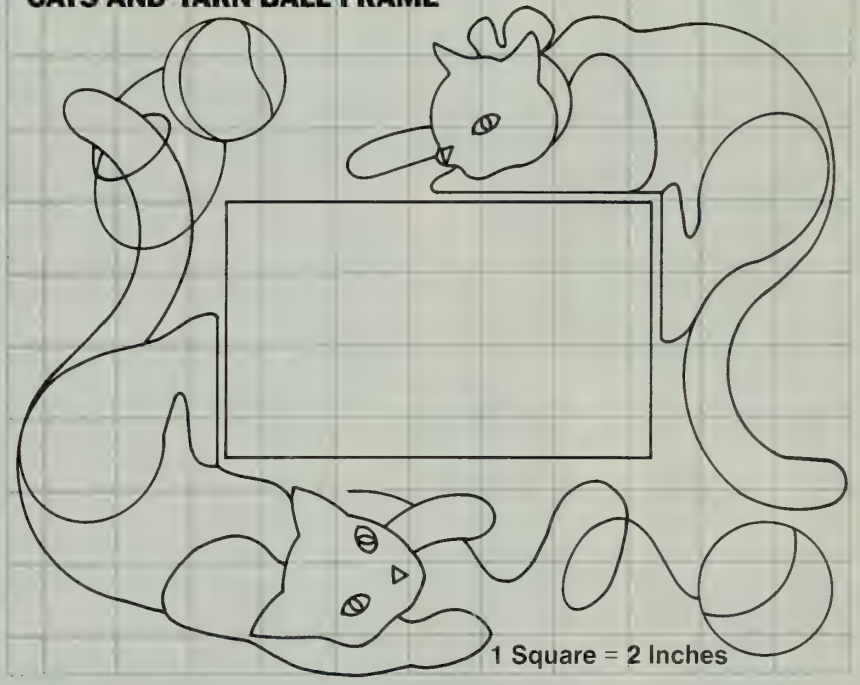

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**CATS AND YARN BALL FRAME**




**CATS AND YARN BALL FRAME, page 76**
**To order frame project plan, see page 146.**
**Materials:** 20×24¾-in. piece ¼-in. hardboard; 9 ft. each of 1×2 pine and

*continued on page 90*

*continued from page 89*

picture frame or cabinet molding; scraps ¼-in. hardboard for cats; scraps ¼-in.-thick pine for inner frame edge; white glue; wire brads; red, white, yellow, blue, and black acrylic paints.

**Instructions:** Cut 7×11¾-in. hole from center of hardboard rectangle. Miter and assemble scraps of ¼-in. pine to fit inner edge. Glue and nail into place.

Rabbet 1 edge of 1×2 to create liner. Miter and assemble to fit 20×24¾-in. hardboard. Glue and nail into place.

Miter and assemble molding to fit liner. Glue and nail into place.

Enlarge pattern (see *page 89*) to scale and transfer to hardboard scraps. Cut out shapes as follows: entire body and tail, head and front leg, back leg, and head piece. Cut pieces for balls, layering as for cats.

Sand all edges of cats and balls, shaping as desired.

Arrange cat and ball pieces according to pattern (see *page 89*). Glue and nail into place. Paint as desired.

**LOVABLE LITTERMATES, page 76**

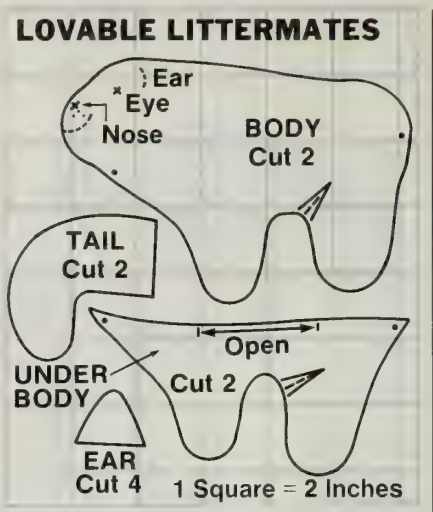
**To order full-size pattern, see page 146.**

**Materials:** For each cat: ¼ yd. wool; scrap pink felt; 2 buttons; black embroidery floss; monofilament; fiberfill.

**Instructions:** Finished size, approximately 13×6 in.

*Note:* Unless otherwise stated, sew with right sides together and use ¼-in. seam allowances.

Enlarge pattern (*above*) to scale. Cut out all pieces. Cut small (about ¾ in.) triangle from felt for nose.




Sew body and underbody darts. Sew body to underbody and around legs between dots.

Sew from underbody, around top of body and head, and back to underbody in 1 continuous seam, leaving opening for stuffing as marked.

Stuff firmly; slip-stitch closed.

Sew tail pieces together, leaving opening at flat end. Turn and stuff firmly. Turn under raw edges and stitch to body.

Sew 2 ears together, leaving open at flat edge; repeat for remaining ears. Turn to right side. Turn under raw edges. Hand-sew ears to head.

Sew eyes in place. Glue nose in place. Satin-stitch mouth with floss.

Cut monofilament into three 12-in. strands. Thread 1 strand onto needle with cut ends even. Stitch through nose at dots. Clip looped end to remove needle. Tie strands together at each side of nose to secure.

**PUSS 'N' SANDALS, page 74**

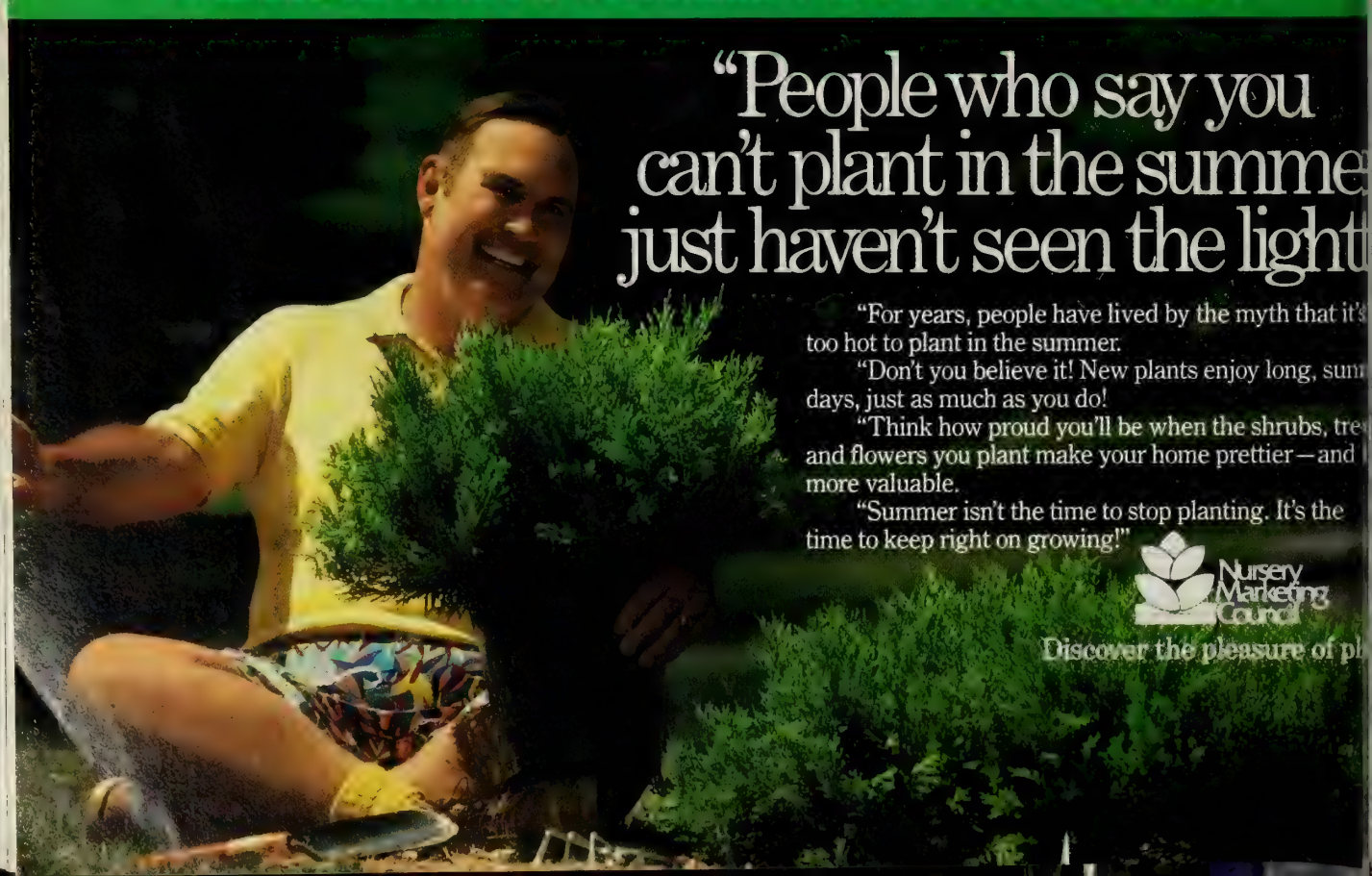
**To order full-size pattern, see page 146.**

**Materials:** 1⅛ yd. gray textured knit for cat; scrap red felt for tongue; scrap pink felt for nose; scraps light green,

*continued on page 92*



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1½ teaspoons vanilla extract
2 cups all-purpose flour
½ teaspoon salt
½ cup mini chocolate chips.

Preheat oven to 350°F. Line cupcake pan with paper baking cups. In a large mixing bowl cream butter and sugars. Add beaten eggs one at a time. Beat well after each. Add vanilla. In a small bowl stir salt into flour, gradually add to creamed mixture. Blend thoroughly. Stir in the chocolate chips. Fill baking cups. Bake for 20-25 minutes. Cool completely before frosting. Makes 12 cupcakes.

Frosting: In a mixing bowl, cream together ½ cup (1 stick) softened butter or margarine and 1½ cups C&H Powdered Sugar. Beat in another 1½ cups C&H Powdered Sugar, a pinch of salt, 1 tsp. vanilla, and up to ⅓ cup milk. Beat until smooth.

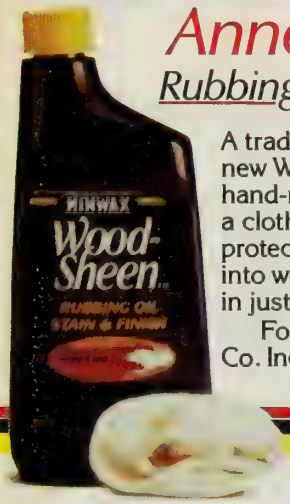
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## CATS

*continued from page 90*

light yellow, and black felt for eyes; black, white, gray, and pink embroidery floss; ½ yd. white plastic lacing; two 20½×5-in. rectangles red fabric for shorts; two 10×3½-in. rectangles red fabric for scarf; 1¼ yd. narrow white cable cord; 2 star appliqués; one 14×12½-in. rectangle blue and white stripe fabric for shirt; two 10×3½-in. rectangles white fabric for visor; ⅞ yd. ribbon for visor; 2 squares each black and gold felt for sandals; 2 black beads for sandals; red bias tape; ¼ yd. fusible webbing; fusible interfacing; fiberfill; doll needle; dental floss; water-erasable marker; tracing paper; glue.

**Instructions:** Unless otherwise stated, pieces and measurements include ¼-in. seams; sew right sides together.

Enlarge pattern (see *page 94*); cut out all pieces *except* felt pieces. Transfer darts to wrong side and face markings to right side.

Fuse interfacing to green, yellow, black, and pink felt. Cut 2 yellow outer eyes, 2 green inner eyes, 2 black eye centers, and 1 pink nose.

Fuse 2 layers red felt together; cut out 1 tongue.

Fuse gold felt squares together and black felt squares together. Cut 2 fish and 2 fins from gold. Fuse remaining gold felt to black felt. Cut soles from gold and black felt.

***For soft sculpting:*** Use 6 strands floss and doll needle. Hide knots in stuffing and sew back and forth several times, pulling floss taut. For face, sew from eye to eye, pulling slightly. For toes, sew around tips of limb. For knees and elbows, sculpt as for eyes.

***Body:*** Sew body front together along center front seam. Sew body backs together along center back seam.

***Arms and legs:*** Sew front darts; clip. Sew back darts; trim.

Sew limbs together in pairs from darts to tops, keeping darts free from stitching. *Note:* Keep tops of arms and legs open; keep legs open between dots.

Sew fingers and toes together between darts, keeping darts free from stitching. Restitch as marked; clip curves and turn.

With wrong sides together, gather leg tops to measure 4 in. Baste leg backs to bottom of body back with raw edges even and legs meeting at center.

Sew body front to back with legs through neck opening. Turn to right side. Stuff legs through openings, leaving tops empty; slip-stitch closed.

Stuff arms, leaving tops empty; baste tops closed. Sew arms to body at neck opening with centers of arms matching body side seams. Stuff body firmly.

Soft-sculpt knees, elbows, fingers, and toes as described above.

***Head:*** Sew front darts; trim. Sew center front seam. Repeat for back.

Sew front to back, leaving open at neck. Turn to right side; stuff firmly.

With centers matching, pin head to body allowing ½ in. seam allowances. Ladder-stitch head to body using doll needle and dental floss.

***Face:*** Soft-sculpt eyes as described above. Layer eyes according to diagram (see *page 94*); fuse or glue together, then appliqué with matching thread.

Appliqué nose and eyes to face.

*Note:* Use 6 strands floss for embroidery. Straight-stitch eyelashes and eyebrows with black and eye dot with white. Stem-stitch smile with pink and eyelids with black. French-knot freckles with white.

Glue or tack tongue in place. For whiskers, cut lacing into 4 equal lengths. Fold lacing in half and tack centers to face as marked on pattern (see *page 94*).

***Ears:*** Fuse interfacing to wrong side of 2 ears; these are ear backs. Sew ear backs to fronts, leaving open at bottom. Clip and turn. Press under raw edges. Pull fronts apart from backs so ears are fuller. Position on head and hand-sew in place.

***Tail:*** Sew tail pieces together, leaving end open. Clip and turn. Stuff firmly, leaving top empty. Turn under raw edges. Gather end to measure 1 in. Hand-sew to back between dots.

*continued on page 94*



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*continued from page 92*

***Shorts:*** Narrowly hem 1 long edge and both short ends of each rectangle. For top casing, press remaining edge under ½ in.; sew in place.

Tack stars to fronts. For inseam, tack hemmed edges together at center, wrong sides facing.

Cut cable cord in half; knot each end. Insert cable through casings. Place shorts on cat; adjust gathers to fit. Tie cable at each side; tack cables to cat at side seams.

***Shirt:*** Fold striped fabric in half to measure 7×12½ in.; press fold for shoulders. For neck opening, cut away a 4-in.-diameter center circle.

For back opening, cut from center of neck to bottom. Hem back edge.

Bind neck edge with 27-in. length of bias tape, evenly extending ends for ties. Knot ends.

Sew side seams 1½ in. up from bottom. Turn raw armhole edges under; topstitch in place.

Narrowly hem lower edge.

***Scarf:*** Sew scarves together, leaving opening for turning. Clip and turn; slipstitch opening closed. Knot at center and tack to shirt at neckline. See photograph on *page 74* for detail.

***Sandals:*** Cut 18-in. length bias tape; fold in half lengthwise; sew down center. Fold in half crosswise; tack center fold to X on gold side of sandals. Tack again 2¼ in. from fold.

Pin remaining ends to dots. Try sandal on cat; adjust length of ends. Turn under raw edges of ends and tack to sandals at dots.

Satin-stitch single curved edge of fin to fish according to pattern (*right*) with contrasting thread. Sew bead eye to fish at dot. Tack fish to sandal straps. See photograph on *page 74* for detail. Repeat for other sandal.

***Visor:*** Fuse interfacing to wrong side of 1 brim according to manufacturer's directions. Baste brims together with wrong sides facing; bind outer edge.

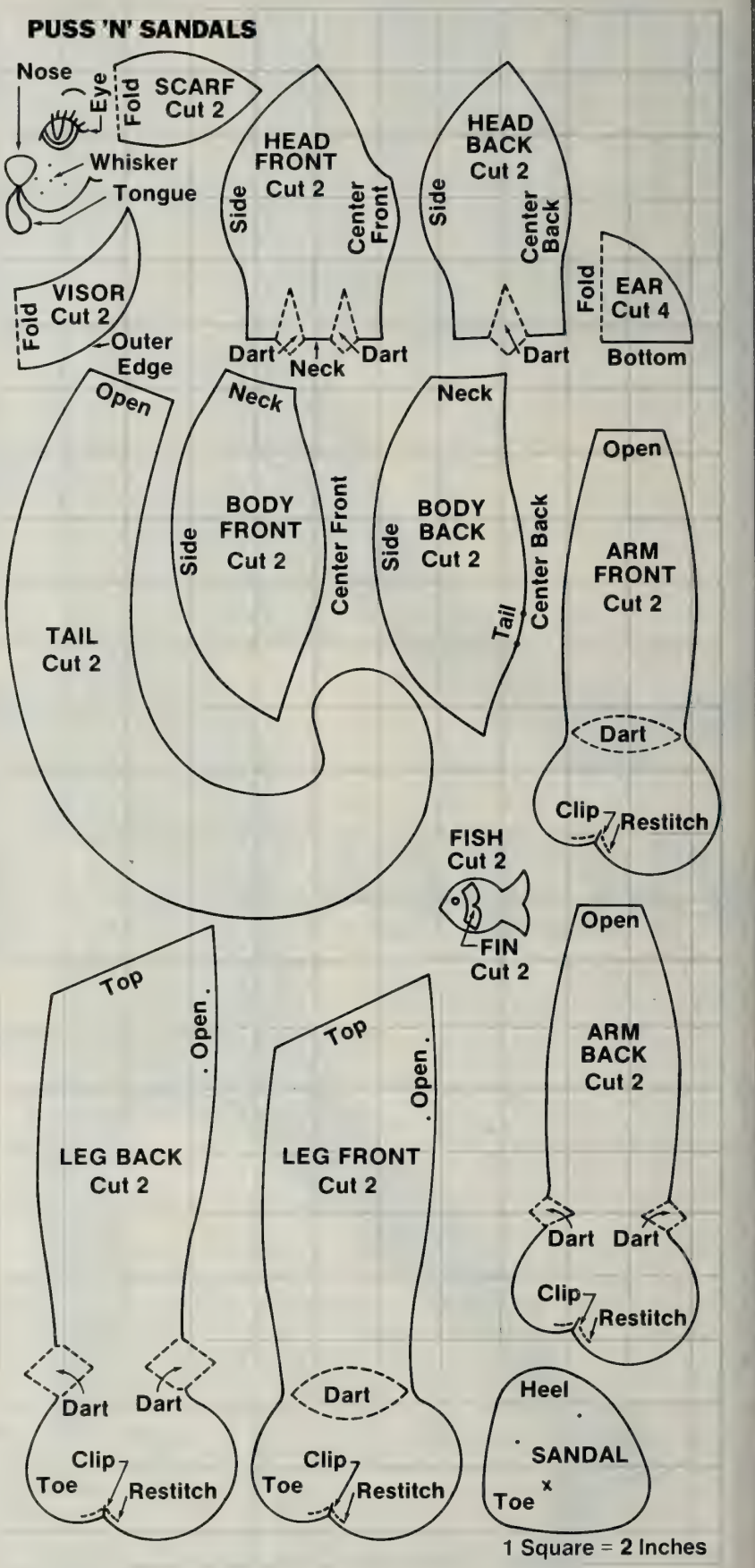
Clip inner edge of brim. Cut ribbon in half lengthwise; set 1 piece aside for facing. Match center of ribbon to center of raw edge of brim. Pin 1 edge of ribbon over seam line; edgestitch in place. With wrong sides together, pin remaining ribbon to stitched ribbon, encasing raw edges. Edgestitch long edges.

Place visor on cat; adjust straps at center back. Sew center back seam, tacking under seam allowances.

**TOMCAT CHAIR, page 77**
**To order chair project plan, see page 146.**

**DESIGNS:**

**Puss 'n' Sandals:** Tess Boernke; **Kitty-Cat Cross-Stitch Projects:** Nancy Kluender; **Catnap Quilt:** Margaret Sindelar; **Folk-Art Kitties:** Kay Cloud; **Pussycat Bibs:** Laurie Briggs and Margaret Sindelar; **Lovable Littermates:** Linda Beardsley; **Knitted Kitty:** Margaret Chasalow; **Cats and Yarn Ball Frame:** Jim Williams; **Miss Meow:** Laurie Briggs; **Tomcat Chair:** Jim Williams. BH&G




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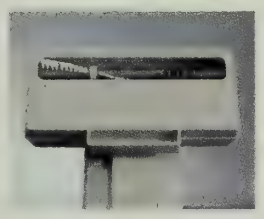
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The upright Dustbuster® Power Brush has the power and run-time to clean an entire room or small apartment. It has a built-in revolving brush for deep-cleaning action. And it's quick, easy, and convenient because there's no cord to get in the way.



Built-In Revolving Brush

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# SUMMERTIME
## LIVING IN STYLE

By Denise L. Caringer and Douglas A. Jimerson

**Get a new lease on outdoor life! Stylish summertime living can be just outside your back door after you add some fair-weather features, like these patios, projects, and furnishings.**



PHOTOGRAPH: LAURIE BLACK; FIELD EDITOR: BARBARA CATHCART LANDSCAPE ARCHITECT: WATERMAN AND SUN

### COOKING ALFRESCO

Why heat up the house if you can cook your favorite meal outdoors? This patio kitchen has all the amenities a backyard chef could ask for.

■ **To order project plan, see page 146.**



PHOTOGRAPH: PERRY STRUSE

### DINING IN STYLE

As if their great lines and rich hue were not enough, *Tropitone*'s "Colony" chairs stack for efficiency. Table, $375; chairs, $228 each.



# SUMMERTIME STYLE



PHOTOGRAPH: KARLIS GRANTS. FIELD EDITOR: CATHY HOWARD. LANDSCAPE ARCHITECTS: HUNTINGTON & KIEST

## BACKYARD OASIS

Midsummer afternoons are a breeze when you refresh yourself on your own patio. We found this all-brick beauty in Portland, Oregon. It's built on a sloping lot, so a retaining wall was put to work to help keep the rest of the yard at bay. There's also a convenient storage shed at one end of the patio to house garden tools, trash cans, and potting supplies. The white lattice entry gate (*above*) hides the nearby driveway. Cooling shade is provided by a handsome sweet gum tree.

# SUMMERTIME STYLE



PHOTOGRAPH: KARLIS GRANTS. FIELD EDITOR: CATHY HOWARD. LANDSCAPE ARCHITECT: GEORGE ERDENBERGER

## DOWN THE GARDEN PATH

Instead of a steep staircase, the owners of this hillside property opted for long platform steps that zigzag down the slope. To facilitate drainage, there's a layer of gravel underneath each level. The bricks are set in sand and held in place by 4×4 boards.



PHOTOGRAPH: KARLIS GRANTS. FIELD EDITOR: CATHY HOWARD. PROJECT DESIGN: RICH SHAVER

## SWING INTO SUMMER

Catch a summer breeze in a Victorian-style, trellised retreat. It's easy to build and looks great tucked under overhanging trees. Or, train vines to grow up and over the structure. The ready-made oak swing is available from *Sears*.

■ **To order project plan, see page 146.**

PHOTOGRAPH: LAURIE BLACK, ROSLYN BANISH/ARX. FIELD EDITOR: BARBARA CATHCART. DESIGN: GARDEN HOUSE

## A STYLISH MIX

Personalize your deck with an unexpected mix of dainty linens and rustic wood. Teakwood pieces from England (chairs, $275; bench, $625; table, $450) weather beautifully over time.



PHOTOGRAPH: PERRY STRUSE

## SLEEK AND CHIC CHAISE

Sculptural lines, durability, *and* a great price tag? You bet! *Woodard*'s adjustable "Valencia" chaise longue (about $230) brings affordable, high-style comfort to any deck or patio.



# SUMMERTIME STYLE



PHOTOGRAPH: MIKE MORELAND. FIELD EDITOR: RUTH REITER. LANDSCAPE ARCHITECT: PHILIP HAUSWIRTH

### ◀ ROOM WITH A VIEW

Use oversize pillars and beams to transform a small, open deck into an inviting outdoor room.

### ▼ PORCH DRAMA

Bring the outdoors in with a vaulted skylit ceiling, shingled walls, and summery canvas and wicker furnishings.



PHOTOGRAPHY: COURTESY OF LYON-SHAW

### ▲ GLIDE YOUR WAY TO RELAXATION

Imagine sipping a tall cool one and gliding—lazily—back and forth, back and forth. . . . Make the vision materialize with *Lyon-Shaw*'s "Harbour Pointe" motion pieces. Sofa, $765; chair, $350; cocktail table, $165.



PHOTOGRAPH: LAURIE BLACK. ROSLYN BANISH/ARX. DESIGN: PADEN PRICHARD. FIELD EDITOR: HELEN HEITKAMP

# SUMMERTIME STYLE



PHOTOGRAPH COURTESY OF BROWN-JORDAN

**▲ WARM-WEATHER ELEGANCE**

A design award winner, *Brown Jordan*'s handsome wrought-iron ''Venetian'' group (chaise longue, $775; armchair, $315; side chair, $275; oblong table, $419) teams ageless design with modern comfort.



PHOTOGRAPH: PERRY STRUSE



**◀ ▶ CUTE KID STUFF**

Give your child his or her own place in the sun! *Rubbermaid*'s ''Sundial'' chair (*left*), about $9, and *Import Specialists*' canvas slings (*right*), about $36, are kid-size versions of modern classics.

## VICTORIAN CHARM

Here's a hexagonal deck that's functional and good-looking. It's screened for privacy by a gray, 12-foot-tall clapboard wall with white lattice panels. A thick bed of roses and impatiens camouflages the underside of the structure.



PHOTOGRAPH: RANDOLPH FOULDS

FIELD EDITOR: ESTELLE BOND GURALNICK. LANDSCAPE ARCHITECT: MICHAEL HARRISON



PHOTOGRAPH: KARLIS GRANTS. FIELD EDITOR: CATHY HOWARD. LANDSCAPE ARCHITECT: GEORGE R. ERDENBERGER

## SIMPLE SIDE-YARD STRATEGIES

Small spaces are limiting only if they're not used to their full potential. Space in this pocket-size side yard is maximized with an angled deck that faces the back corner of the property. Instead of one perimeter railing, there's a trio of shorter ones set at the same angle as the deck and painted to match the house. For privacy, a 6-foot-tall cedar fence surrounds the yard.



# SUMMERTIME STYLE

## ◀ALL DECKED OUT

Celebrate the season with a crowd-size fiberglass spa nestled in a private nook between upper and lower decks.

■ **To order project plan, see page 146.**

## ▼FLOWERY HIDEAWAY

A meadow of summer flowers surrounds this redwood gazebo. The slatted roof filters out the hot sun without blocking the blue sky.



PHOTOGRAPH: ROY INMAN. FIELD EDITOR: PAT SCHUDY

## ▲TEAKWOOD LOUNGER

Tucked into the flower-filled corner of a shady gazebo, an imported teakwood chaise longue ($395) makes a great solo getaway.



PHOTOGRAPH: KIM BRUN. FIELD EDITOR: SHARON HAVEN. GAZEBO: TOM DENLICK. GAZEBOS BY LEISURE DESIGNS

PHOTOGRAPH: SUSAN GILMORE. FIELD EDITOR: PATRICIA CARPENTER. LANDSCAPE ARCHITECT: MICHAEL RITTER

**Buying information for Summertime Style, see page 150.**



BARBARA KRUMHARDT

Peter Krumhardt and his twin daughters, Kristen and Annie.

# GARDENING WITH KIDS

## Sharing the Work, the Pleasure, The Wonder, the Harvest . . .

By Douglas A. Jimerson

School's out, but the learning isn't over when you share the joys of gardening with your kids. To show us the wonders of a garden through a child's eyes, photographer Peter Krumhardt and his 7-year-old twin daughters, Annie and Kristen, designed a child-size vegetable and flower bed last summer. Join us for a month-by-month tour of their kid-pleasing garden.




ROGER LEYONMARK

The centerpiece of the 10×10-foot garden is a wire trellis tunnel.



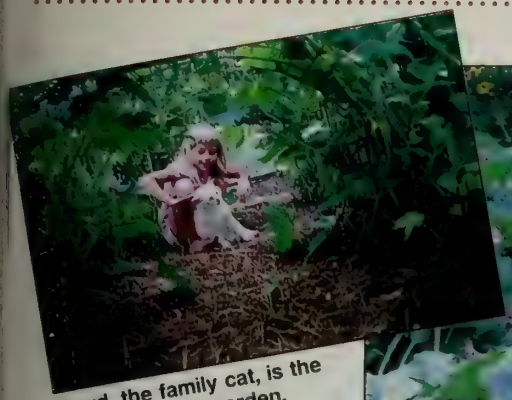
Peter and the girls prepared the soil in early May.



Using old fencing, the family made the trellis tunnel.



Kristen and Annie sowed their first seeds on May 15.



Floyd, the family cat, is the foreman of the garden.

**● SOMETIMES MOTHER NATURE NEEDS A HELPING HAND.**

It took only six weeks for Annie and Kristen's garden to start filling in. To keep the plot from becoming weed choked, Peter showed the girls how to mulch. "I knew that if we didn't mulch with a thick layer of straw, the weeds would eventually take over," says Peter. "I wanted the girls to enjoy the garden, not to spend their entire summer vacation on their knees pulling weeds."



PETER KRUMHARDT

Kristen and Annie learned that a thick straw mulch is the best way to fight weeds.



The girls harvested cucumbers when the fruits grew through the trellis.

## CROPS KIDS CAN GROW

● Pumpkins are always popular. For giant jack-o'-lanterns, grow Big Max, Big Moon or Atlantic Giant. Palm-size miniature pumpkins like Jack Be Little are also fun.

● Kids love Cutie Pops popcorn because it produces 4-inch-long ears of bright, multicolored kernels. To prevent cross-pollination, don't plant Cutie Pops near other corn. It takes about 100 days for Cutie Pops to mature.

● Bite-size, Sweet 100 tomatoes are so delicious that your kids will eat them right in the garden.

● Young farmers can grow their own "eggs" with Easter eggplant. It has edible, round, white fruit.

● Flowers like zinnia, nasturtium, marigold, and cosmos grow quickly from seed and don't mind being plucked again and again.

# JULY



Kristen, Annie, and Floyd take a well-deserved break.

**MIDSUMMER—A TIME OF GROWTH FOR BOTH THE GARDEN AND THE GIRLS.**

When summer temperatures started to climb into the high 90s, garden chores were put on hold and Kristen and Annie retreated to their cool hideaway inside the tunnel trellis. Here, they could get a bug's-eye view of the miracle of growth. Dad kept the tunnel passable by pruning excess foliage.



By midsummer, the tunnel trellis was smothered with foliage.



The girls' interest in flowers bloomed during the summer.



Hidden in the tunnel, Annie and Kristen keep watch on ripening pumpkins.



The girls use one of Dad's old cameras to document their gardening success.

# AUGUST



RANDALL MOORE

Annie, Kristen, and Peter check their popcorn harvest.

**● FOR THE GIRLS, HARVEST DAY WAS ALMOST AS MUCH FUN AS CHRISTMAS.**

As summer drew to a close, Annie and Kristen couldn't wait to harvest their favorite crops. "Over the course of the summer I think the girls harvested a lot more than a few pumpkins and some ears of miniature popcorn," says Peter. "They learned about patience, teamwork, and the miraculous cycle of life."

**Buying information, page 150.**



Kristen and Annie work hard to get their crop in before summer vacation ends.



Annie proudly displays her first-ever harvest of popcorn.

## HARVESTING TIPS

● Pick pumpkins after the vines die back in late summer; never use the pumpkin's stem as a handle. Be sure to bring the fruits inside before frost. Store pumpkins in a cool, dry place.

● Like pumpkins, popcorn needs to mature on the plant before harvest. When the cornstalks are brown and brittle, remove the ears, pull back the husks, and hang the ears to dry in a warm room.

● Bigger is not always better. Harvest cucumbers and string beans when they're small and tasty.

● Leave cabbage and broccoli in the garden for fall feasts. Frost improves their flavor.

● Sweet 100 tomatoes and string beans are two vegetables that benefit from continuous picking. Harvest at least once a week.

# PRETTY PORCHES

## SUMMER'S OUTDOOR LIVING ROOMS

By Sandra S. Soria



PHOTOGRAPH: BARBARA MARTIN. DESIGN: NANCY BRIDWELL. FIELD EDITOR: MARY ANNE THOMSON

### Made in the Shade

Extended eaves and a frame of foliage can transform a back porch (or patio) into a soothing spot for keeping your cool when the mercury mounts. This setting "relaxes" with friendly found furniture and plump pillows.

### Summer Stock

A porch is ideal for savoring summer's pleasures—warm winds, garden aromas, lazy evenings. Equip it with creature comforts, such as a sofa for stretching out and a setup for eating out, and make your great escape to the open air often.

**Buying information, page 150.**



# CELEBRATING SUMMER

## EASY COOKING, STYLISH DINING

By Barbara Johnson



PHOTOGRAPH: SUSAN SCHELLING FOOD STYLIST: STEVIE BASS



PHOTOGRAPHS: JOAN HIX VANDERSCHUIT FOOD STYLING: MABLE HOFFMAN

Ah, summer! Time to get together with friends—talk, laugh, play, and, of course, dine in lighthearted style. That means you want festive, tasty, luscious-looking recipes. What's more, they should be easy to fix so everyone can join in the fun. That's just the kind of recipes and menus we give you here—grilled meats, fresh salads, frosty desserts, and more. All to help you, your family, and your friends enjoy summer to the hilt.

**RECIPES BEGIN ON PAGE 124.**

### MENU

**Boursin-Pesto Pâté**
*Layer aromatic pesto and spiced cheese.*

**Shrimp-Salmon Kabobs**
*Thread your favorite vegetables on, too.*

**Wheat-Berry-Melon Toss**
*A classy alternative to traditional potato salad.*

**Cranberry-Lemon Sipper**
*Choose to spike it or not.*

# CELEBRATING SUMMER



**Play all day, yet dine fancy tonight. These start-ahead or fix-on-the-spot recipes let you!**

## 3-INGREDIENT TOFFEE FREEZE

You won't need an ice-cream freezer to make this rich and creamy ice cream. Combine sweetened condensed milk, whipping cream, and almond brickle pieces. Pour into a pan; freeze. It takes less time to make than a quick jaunt to the store!



## PEACH-GLAZED BABY BACK RIBS

Stir together 4 ingredients (preserves, lemon juice, mustard, and cardamom) to turn baby backs, the king of ribs, into a glistening showstopper. Slather the easy glaze on the ribs and slow-grill 1¼ hours. Meantime, you can hang out in a hammock.



## SUMMER VEGETABLE POTPOURRI

Ten minutes—that's all you need to cut up fresh summer squash, mushrooms, onions, and celery and drench them in a tarragon and white Worcestershire vinaigrette. Grill alongside meat, fish, or poultry 30 minutes till perfectly crisp-tender.

## ORIENTAL STEAK PINWHEELS

Distinctive but simple kabobs! Just roll up a round steak, slice into pinwheels, and thread onto skewers. Marinate in a five-spice and teriyaki sauce, then grill. For an interesting presentation, serve them on crisp-fried Oriental rice sticks.

**Recipes begin on page 128.**





No debate here: Ribs are just plain fun to eat!

# CELEBRATING SUMMER









Honey Limeade: a sweet and sassy sipper.

## BERRY BLENDER MOUSSE

Here's a dessert that's extraordinary and easy: Puree fresh berries with cream cheese and a touch of sugar. Fold in whipped topping, and chill. That's it!

## JICAMA-CILANTRO SLAW

Absolutely refreshing! Add jicama to preshredded coleslaw vegetables, then pour on anything but the typical coleslaw dressing. Here it's a peppered lime vinaigrette.

## CHOCOLATE-BERRY WEDGES; HONEY LIMEADE

Raspberry preserves are the secret ingredient in these moist, decadent brownies. Top off the refreshing limeade with kiwi fruit slices.

## SMOKED JALAPEÑO TURKEY

Wondering what to do with a jar of jalapeño jelly? Combine it with cumin; spread under turkey breast skin. Use a little more jelly to fire up the fresh-fruit salsa.

**Recipes begin on page 130.**



*continued from page 121*



## MICROWAVE NEW POTATO SALAD

Potato salad is a favorite at any summer outdoor food gathering. This recipe is particularly good because you can micro-cook, chill, and serve this salad all in the same dish! For a twist, start with tiny whole new potatoes and snapping-fresh green beans. After cooking them in your microwave oven (no heating up the kitchen), add an Italian herb buttermilk dressing plus ripe olives. Potato salad has never been so easy!





## PICKLED BABY CORN ON THE COB

Whether you grow them fresh in your own garden plot or harvest them off the shelf at a local produce market, these tiny sweet cobs are so good, we bet they won't last long around your house! In this recipe there's no fussing around with canning, either. Simply add the baby corn to a seasoned vinegar brine; let them pickle right in your own refrigerator.

**Recipes begin on page 135.**

**To order barbecue utensils, see page 146.**

**Buying information, page 150.**



# NUTRITION INFORMATION HOW TO MAKE IT WORK

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

### EVERY RECIPE ANALYZED

● With each recipe we publish we give important nutrition information. The calorie count of an individual serving of the recipe and the amount, in grams, of protein, fat, cholesterol, and sodium are designed to help you keep tabs on what you eat.

● Also, you can check up on the vitamin and mineral levels per serving of each recipe we publish. The levels of vitamins and minerals are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amount. (The U.S. RDAs are dietary standards that have been developed by the Food and Drug Administration.)

● When a recipe is high in fiber, we'll include the grams of dietary fiber per serving, too.

### HOW WE ANALYZE

● When ingredient options appear in a recipe, we use the first ingredient choice for the analysis.
● We use the first serving size listed.
● We omit optional ingredients from the nutrition analysis.
● When milk is an ingredient, we use *low-fat* milk for the analysis.

### WHAT YOU NEED

● Use our analyses to chart the nutritional value of the foods you eat. These guidelines are based on daily needs of females, 23 to 50 years old (in general, males and teens need more calories):

**calories—2,000**
**protein—45 to 65 grams**
**fat—67 grams**
**cholesterol—300 milligrams**
**sodium—1,100 to 3,300 milligrams**
**fiber—25 to 35 grams**

There's no real harm in going over or under these figures in any single day, but aim for a balanced diet overall.



# Summertime and the salads are easy with Campbell's®

## CHILLED TORTELLINI SALAD

- 1/4 cup grated Parmesan cheese
- 1/4 cup mayonnaise
- 1/2 tsp. dried basil leaves
- 1/8 tsp. pepper
- 1 can Campbell's chicken broth
- 1 lb. fresh or frozen tortellini, cooked and drained
- 1 pkg. (16 oz.) frozen mixed vegetables, thawed
- 1/4 cup sliced green onions




1. In covered blender, combine first 5 ingredients. Blend until smooth.
2. In large bowl, combine remaining ingredients. Add broth mixture; toss to coat well. Cover; refrigerate until serving time, at least 4 hrs. or until most of liquid is absorbed, stirring occasionally. Serve on salad greens. Garnish with additional sliced green onions if desired. Makes 8 cups or 6 servings.

## COOL TUNA NOODLE SALAD

- 1 can Campbell's cream of celery soup
- 1/2 cup mayonnaise
- 2 tbsp. cider vinegar
- 2 tbsp. chopped pimento-stuffed olives
- 2 tbsp. grated onion
- 8 oz. corkscrew macaroni, cooked and drained (4 cups)
- 1 can (about 6 oz.) tuna, drained
- 1 pkg. (10 oz.) frozen mixed vegetables, thawed




1. In large bowl, stir together first 5 ingredients until smooth. Add macaroni; toss to coat well.
2. Add tuna and vegetables; toss gently. Cover; refrigerate until serving time, at least 4 hrs. Makes 6 cups or 4 servings.

AT THE BOTTOM OF IT ALL, SOUP MAKES GOOD FOOD.

...bbell Soup Company.




## CELEBRATING SUMMER

*continued from page 122*

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**CELEBRATING SUMMER**
*(Pictured on pages 116–122)*

### BOURSIN-PESTO PÂTÉ

1½ cups firmly packed snipped parsley
¾ cup grated Parmesan cheese
¼ cup shelled hazelnuts *or* walnuts
¼ cup olive *or* cooking oil
¼ teaspoon *each of* dried basil, oregano, marjoram, thyme, dill weed *and* rosemary, crushed
1 8-ounce package cream cheese, softened
1 4-ounce container semisoft cheese spiced with French onion *or* ½ of an 8-ounce container cream cheese with chives and onion

• • •

½ cup whipping cream

**Lemon peel strips (optional)**
**Fresh savory *or* thyme sprigs (optional)**
**Pita wedges and carrot sticks (optional)**

● **Line six 6-ounce custard cups** with clear plastic wrap. Set aside.

● **In a blender container** or food processor bowl combine parsley, Parmesan cheese, and nuts. Cover and blend or process with several on/off turns till mixture is crumbly, stopping frequently to scrape down sides of container. With machine running slowly, add oil and blend or process till mixture is the consistency of soft butter.

● **Divide mixture evenly** among prepared custard cups. Stir a *different* herb into the mixture in *each* cup. Press mixture down evenly.

● **In a small mixer bowl beat** cream cheese and semisoft cheese with an electric mixer on low speed till nearly smooth. In another bowl beat cream till soft peaks form. Fold into cheese mixture. Spread *one-sixth* (about *⅓ cup*) of the cheese mixture evenly over herb mixture in *each* custard cup. Cover and chill for several hours or overnight.

● **To serve, invert cups** onto a serving platter. Remove cups and plastic wrap. Top with lemon peel strips tied into knots. Arrange fresh herb sprigs on platter. Serve with pita wedges and carrot sticks. Makes about 14 servings.

***Nutrition information per serving:*** *191 cal., 5 g pro., 2 g carbo., 19 g fat, 43 mg chol., 177 mg sodium, 89 mg potassium, 0 g dietary fiber. U.S. RDA: 17% vit. A, 10% vit. C, 11% calcium.*

## SHRIMP-SALMON KABOBS

*A seaside treat—shrimp and salmon with fresh vegetables—*

**2 cups long-cooking vegetables (whole tiny new potatoes, halved; zucchini, cut into ½-inch slices; *or* baby corn on the cob)**
**¾ pound fresh *or* frozen large shrimp in shells (about 16)**
**½ pound fresh *or* frozen salmon fillet, 1 inch thick**
**¼ cup wine vinegar**
**¼ cup catsup**
**2 tablespoons cooking oil**
**2 tablespoons soy sauce**
**1 teaspoon prepared mustard**
**½ teaspoon bottled minced garlic**
**¼ teaspoon pepper**
**2 cups quick-cooking vegetables (fresh pea pods; red sweet pepper, cut into 1-inch pieces; *or* small whole fresh mushrooms)**
**Cooking oil**

● **In a medium saucepan cook** long-cooking vegetables in a small amount of boiling water till nearly tender. (Allow 12 to 15 minutes for new potatoes, 3 to 4 minutes for baby corn, and 1 to 2 minutes for zucchini.) Drain and cool.

● **Meanwhile, thaw** shrimp and salmon, if frozen. Peel and devein shrimp, keeping tails intact. Cut salmon into 1-inch pieces.

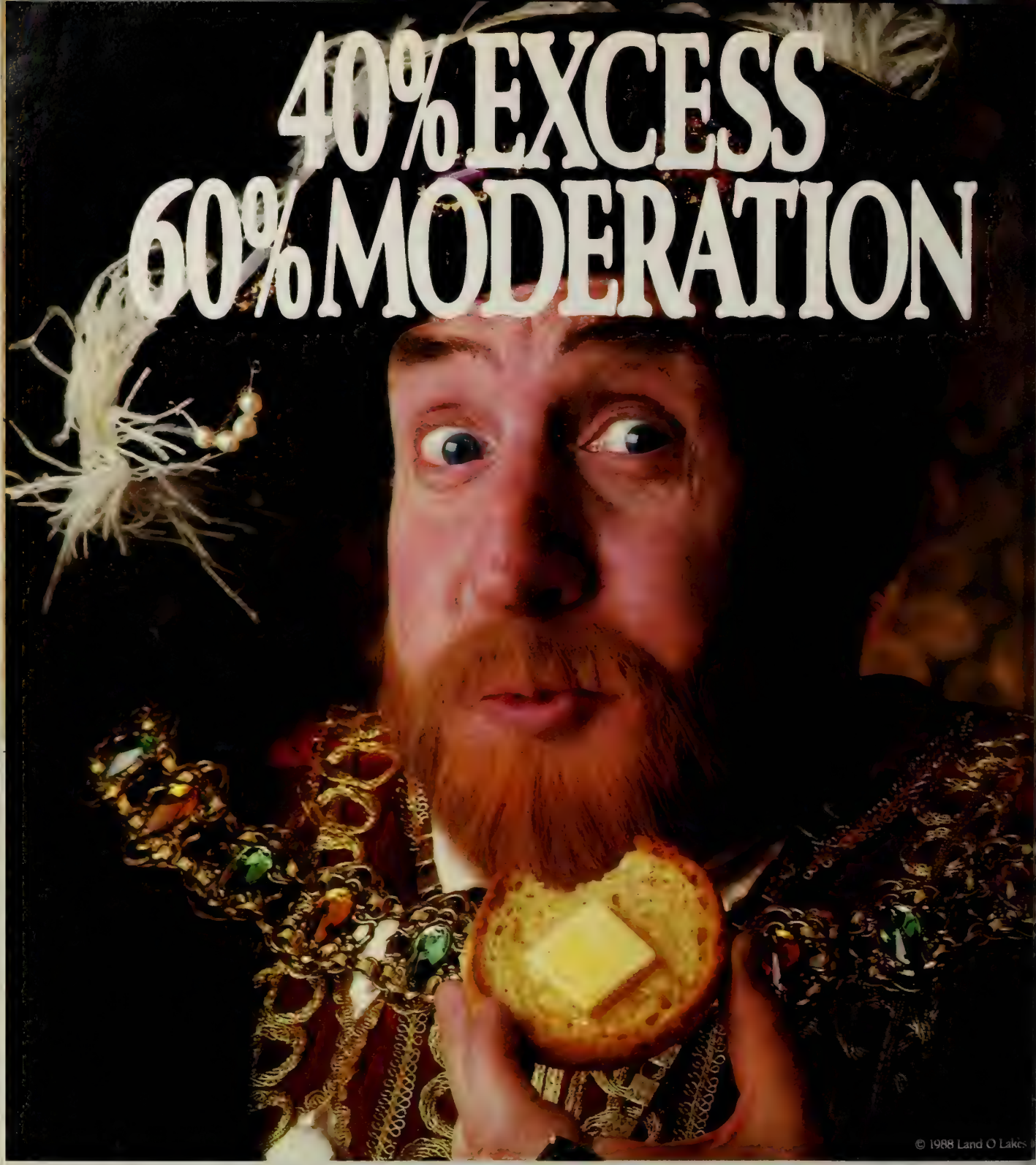
● **For marinade,** in a small mixing bowl stir together wine vinegar, catsup,

*continued on page 127*





# 40% EXCESS 60% MODERATION







*Lightly salted or unsalted, stick or soft. Not available on West Coast.*

Even a king couldn't complain. 40% of Country Morning® Blend is butter. Rich, creamy LAND O LAKES® Butter. Complete indulgen But don't lose your head over it. The rest of Country Morning® Bler is all moderation. It's pure corn oil margarine. And that means 60% less cholesterol.

Go ahead and treat yourself like royalty. In moderation.

**Land O Lakes®**
**Country Morning® Blend**

*continued from page 125*

the 2 tablespoons oil, soy sauce, mustard, garlic, and pepper.

● **Place long-cooking vegetables,** shrimp, salmon, and quick-cooking vegetables in a plastic bag in a shallow dish. Pour marinade over all; close the bag. Marinate in the refrigerator for 2 to 4 hours, turning once.

● **Drain vegetables,** shrimp, and salmon, reserving marinade. Thread vegetables, shrimp, and salmon alternately on eight 8- to 10-inch skewers.

● **Brush grill rack** with oil. Grill kabobs on an uncovered grill over *hot* coals (see tip, *below*) 10 to 12 minutes or till shrimp turn pink and salmon just flakes with a fork. Turn and brush with the reserved marinade frequently. Makes 4 servings.

***Nutrition information per serving:*** *239 cal., 26 g pro., 14 g carbo., 9 g fat, 115 mg chol., 300 mg sodium, 782 mg potassium, 3 g dietary fiber. U.S. RDA: 49% vit. A, 106% vit. C, 15% thiamine, 37% niacin, 14% calcium, 17% iron.*

## TESTING COAL TEMPERATURE

To determine the temperature of the lighted coals in your grill box, hold your hand, palm down, above the coals at the height your food will be cooked. Then count the seconds, "one thousand one, one thousand two. . . ." If you need to remove your hand after two seconds, the coals are *hot;* after three seconds, the coals are *medium-hot;* and, after four seconds, they're *medium;* after five seconds, they're *medium-slow;* and after six seconds, they're *slow.*

## WHEAT-BERRY-MELON TOSS

*Orzo, also call rosamarina, is a tiny rice-like pasta—*

**2½ cups water**
**⅓ cup wheat berries**
**¼ cup orzo *or* tiny star macaroni**

• • •

**⅓ cup plain yogurt**
**⅓ cup frozen whipped dessert topping, thawed**
**1 tablespoon honey**
**1 teaspoon finely shredded lemon peel**
**½ cup sliced celery**
**1½ cups cubed melon *or* melon balls (watermelon, honeydew melon, *or* cantaloupe)**
**Lettuce leaf cups (optional)**

● **In a large saucepan bring** the water to boiling. Stir in the wheat berries. Return to boiling; reduce heat. Cover and simmer for 45 minutes. Stir in the orzo. Return to boiling. Boil, uncovered, for 5 to 8 minutes or till both the berries and the orzo are tender, stirring occasionally. Drain in a colander. Rinse with cold water. Drain well.

● **In a mixing bowl stir together** the plain yogurt, whipped dessert topping, honey, finely shredded lemon peel, and ⅛ teaspoon *salt.* Add the wheat berry-orzo mixture and the sliced celery; toss to mix well. Cover and chill thoroughly in the refrigerator. At serving time, stir in the melon. Spoon the mixture into lettuce leaf cups. Cover and chill any leftover salad in the refrigerator. Makes 6 servings.

***Nutrition information per serving:*** *99 cal., 3 g pro., 19 g carbo., 2 g fat, 1 mg chol., 68 mg sodium, 227 mg potassium, 2 g dietary fiber. U.S. RDA: 27% vit. A, 30% vit. C.*

*continued on page 128*





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81A

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Coupon expires 9/30/88

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*continued from page 127*

## CRANBERRY-LEMON SIPPER

*Make half with carbonated beverage for kids, half with wine for adults—*

- **1 12-ounce can frozen pink lemonade concentrate**
- **1 6-ounce can frozen cranberry juice cocktail concentrate**
- **1 67.6-ounce bottle lemon-lime carbonated beverage *or* two 750-ml bottles dry white wine, chilled**
- **Cracked ice**
- **Lemon twists (optional)**

● **In 3-quart pitcher** combine lemonade and cranberry juice cocktail concentrates. Stir in carbonated beverage or wine. Serve over ice with lemon twists. Makes about 10 (8-ounce) servings.

***Nutrition information per serving:*** *225 cal., 0 g pro., 59 g carbo., 0 g fat, 0 mg chol., 4 mg sodium, 49 mg potassium, 0 g dietary fiber. U.S. RDA: 75% vit. C.*

## 3-INGREDIENT TOFFEE FREEZE

- **1 14-ounce can (1¼ cups) *sweetened condensed* milk**
- **1 6-ounce package (1 cup) almond brickle pieces *or* miniature semisweet chocolate pieces**
- **2 cups whipping cream**

● **Combine** sweetened condensed milk and almond brickle pieces. In a small bowl beat whipping cream with an electric mixer on low speed till soft peaks form; fold into condensed milk mixture.

● **Transfer mixture** to a 9x9x2-inch baking pan. Cover tightly with moisture- and vaporproof wrap. Freeze 6 hours or till firm. To serve, scoop into individual dessert dishes. Makes about 1½ quarts (10 to 12 servings).

***Nutrition information per serving:*** *394 cal., 5 g pro., 34 g carbo., 28 g fat, 79 mg chol., 71 mg sodium, 192 mg potassium, 0 g dietary fiber. U.S. RDA: 17% vit. A, 13% riboflavin, 15% calcium.*

## PEACH-GLAZED BABY BACK RIBS

- **1 10-ounce jar peach preserves**
- **2 tablespoons lemon juice**
- **1 teaspoon Dijon-style mustard**
- **¼ teaspoon ground cardamom *or* ground cinnamon**
- **4 to 5 pounds pork loin back ribs *or* spareribs**
- **Fresh peach slices (optional)**

● **For glaze,** in a small saucepan cook and stir preserves, lemon juice, mustard, and cardamom over low heat till preserves melt. Set aside.

● **In a covered grill arrange** preheated coals around a drip pan; test for *medium* heat above pan (see tip, *page 127*).

● **Sprinkle ribs** with *salt* or *onion salt* and *pepper.* Place ribs on rib rack, if desired. Place ribs, meaty side up, on grill rack over drip pan, but not over the coals. Lower grill hood.

● **Grill ribs** for 60 minutes, brushing with glaze after the first 30 minutes. Uncover; grill for 15 to 30 minutes more or till ribs are tender, brushing occasionally with glaze. Serve with peach slices and any additional glaze. Makes 5 or 6 servings.

***Nutrition information per serving:*** *719 cal., 42 g pro., 40 g carbo., 43 g fat, 171 mg chol., 194 mg sodium, 513 mg potassium, 0 g dietary fiber. U.S. RDA: 39% thiamine, 33% riboflavin, 39% niacin, 18% iron.*

## SUMMER VEGETABLE POTPOURRI

*This is a great totable food for your away-from-home picnic: just bundle up everything in the foil and tote it to your picnic site—*

- **1 tablespoon cooking oil**
- **1 tablespoon white wine vinegar**
- **1 tablespoon white wine Worcestershire sauce**
- **1 teaspoon snipped fresh tarragon *or* ¼ teaspoon dried tarragon, crushed**
- **½ teaspoon finely shredded lemon peel**
- **⅛ teaspoon salt**
- **8 ounces large whole fresh mushrooms, halved (about 12)**
- **2 small yellow summer squash, halved lengthwise and cut into ½-inch-thick slices**
- **1 cup pearl onions *or* 1 large onion, cut into chunks**
- **1 large stalk celery, bias-sliced into 1-inch pieces**
- **2 tablespoons sliced pimiento**

● **Tear off a 36x18-inch piece** of heavy foil. Fold in half to make an 18-inch square. Fold up sides, using your fist to form a pouch.

● **In a small mixing bowl stir together** the cooking oil, white wine vinegar, white wine Worcestershire sauce, tarragon, lemon peel, and salt.

● **In the foil pouch combine** the mushrooms, summer squash, onions, celery, and pimiento. Pour oil mixture over the vegetables. Fold edges of foil to seal pouch securely, leaving space for expansion of steam.

● **Grill** on an uncovered grill directly over *medium-hot* coals (see tip, *page 127*) about 30 minutes or till the vegetables are crisp-tender, turning the pouch occasionally. Makes 4 to 6 servings.

***Nutrition information per serving:*** *76 cal., 2 g pro., 9 g carbo., 4 g fat, 0 mg chol., 92 mg sodium, 449 mg potassium, 3 g dietary fiber. U.S. RDA: 19% vit. C, 17% riboflavin, 14% niacin.*

## ORIENTAL STEAK PINWHEELS

*Can't find five-spice powder? Substitute ¼ teaspoon ground cinnamon and ¼ teaspoon crushed aniseed—*

- **¼ cup packed brown sugar**
- **¼ cup teriyaki sauce**
- **1 tablespoon rice wine vinegar *or* white wine vinegar**
- **½ teaspoon five-spice powder**
- **½ teaspoon bottled minced garlic**
- **¼ teaspoon ground ginger**
- **1 1- to 1¼-pound boneless beef top round steak, cut about ¾ inch thick**
- **2 yellow *and/or* green sweet peppers, cut into 1½-inch squares**
- **Fried rice sticks (optional)***

● **For marinade,** in a small bowl combine brown sugar, teriyaki sauce, rice wine or white wine vinegar, five-spice powder, garlic, and ginger. Set aside.

● **Use a meat mallet to pound** beef to ¼- to ½-inch thickness. Brush about *2 tablespoons* of the marinade over beef. Roll up from long side. Cut into 1-inch slices. Thread beef pinwheels and peppers alternately onto 4 or 5 skewers. Place in shallow baking dish. Pour remaining marinade over. Cover; marinate in refrigerator 6 hours or overnight; turn skewers occasionally.

● **Remove skewers from marinade,** reserving marinade. Grill, on an uncovered grill, directly over *medium-hot* coals (see tip, *page 127*) till beef reaches desired doneness (allow 14 to 16 minutes for medium), turning and brushing with reserved marinade often. Serve over fried rice sticks. Makes 4 or 5 servings.

*continued on page 130*


GRAB THE BIG BOLD TASTE BY THE HORNS.
BULL'S-EYE
Original
BARBECUE SAUCE
Big Bold Taste
BULL'S-EYE
HICKORY SMOKE
BARBECUE SAUCE
Big Bold Taste
And now grab the big new taste of Bull's-Eye Hickory Smoke Barbecue Sauce.




## CELEBRATING SUMMER

*continued from page 128*

***Note:** Fry unsoaked rice sticks, a few at a time, in deep hot cooking oil (375°) about 5 seconds or just till sticks puff and rise to the top. Remove rice sticks; drain on paper toweling. Keep warm in oven.

***Nutrition information per serving:** 187 cal., 26 g pro., 7 g carbo., 5 g fat, 67 mg chol., 224 mg sodium, 493 mg potassium, 1 g dietary fiber. U.S. RDA: 88% vit. C, 10% thiamine, 15% riboflavin, 26% niacin, 18% iron.*

### BERRY BLENDER MOUSSE

*Strawberries peak May through June—*

- **1½ cups fresh strawberries *or* ½ of a 16-ounce package frozen unsweetened whole strawberries, thawed**
- **1 8-ounce package cream cheese, cut into small cubes**
- **½ cup sifted powdered sugar**
- **1 4-ounce container frozen whipped dessert topping, thawed**
- **Sliced almonds**

● **In a blender container** or food processor bowl combine strawberries, cream cheese, and powdered sugar. Cover and blend or process till mixture is smooth, stopping and scraping sides as necessary. Pour into a mixing bowl. Fold in dessert topping.

● **Spoon mousse mixture** into 6 dessert dishes. Chill 3 to 4 hours or overnight. To serve, sprinkle with almonds. Makes 6 servings.

***Nutrition information per serving:** 241 cal., 4 g pro., 16 g carbo., 19 g fat, 42 mg chol., 117 mg sodium, 118 mg potassium, 1 g dietary fiber. U.S. RDA: 14% vit. A, 35% vit. C.*

### JICAMA-CILANTRO SLAW

*Look for bags of shredded coleslaw vegetables (a mix of cabbage and carrots) in your supermarket's produce aisle—*

- **¼ cup salad oil**
- **¼ cup lime juice**
- **2 tablespoons snipped cilantro *or* parsley**
- **1 tablespoon sugar**
- **¼ teaspoon salt**
- **⅛ teaspoon ground red pepper**
- **3 cups shredded coleslaw vegetables**
- **1 pound jicama, peeled and cut into thin strips (about 2 cups)**
- **1 to 2 green onions, thinly sliced**
- **Crinkle-cut carrots (optional)**
- **Cilantro sprigs (optional)**

● **In a medium bowl stir together** oil, lime juice, cilantro or parsley, sugar, salt, and red pepper till sugar is dissolved. Add the coleslaw vegetables, jicama, and green onions; toss to coat. Cover and chill mixture in the refrigerator about 3 hours or overnight.

● **Before serving, toss slaw;** top with carrots and cilantro sprigs. Makes 6 servings.

***Nutrition information per serving:** 132 cal., 1 g pro., 12 g carbo., 9 g fat, 0 mg chol., 100 mg sodium, 139 mg potassium, 3 g dietary fiber. U.S. RDA: 105% vit. A, 48% vit. C.*

### CHOCOLATE-BERRY WEDGES

- **1 cup all-purpose flour**
- **½ cup cornstarch**
- **⅛ teaspoon salt**

• • •

- **½ cup margarine *or* butter, softened**
- **½ cup sugar**
- **½ cup packed brown sugar**
- **3 eggs**

*continued on page 132*

# MEET THE WINNERS

## 1987 PHILLY "Hall of Fame" Recipe Contest

A dream come true. Winning the prestigious PHILLY "Hall of Fame" recipe contest from a field of over 7,000 entries *and* a fantasy vacation in San Francisco.



*Jane Exline*
*Milwaukee, WI*

### Gingersnap Pear Tart

**cups gingersnap cookie crumbs**
**cup finely chopped nuts**
**cup PARKAY Margarine, melted**

* * *

**8-oz. pkgs. PHILADELPHIA BRAND Cream Cheese, softened**
**cup granulated sugar**
**tbsp. pear nectar or pear brandy**
**tsp. vanilla**

* * *

**ripe pears, peeled, thinly sliced**
**cup packed dark brown sugar**
**tsp. ground ginger**

mbine crumbs, nuts and rgarine; press onto bottom and es of 10-inch quiche dish. Bake 350° 5 min.

mbine cream cheese and granud sugar, mixing at medium speed electric mixer until well blended. nd in nectar and vanilla. Pour r crust; spread evenly. Cover; ll several hours or overnight.

ange pears on top of cream ese mixture. Sprinkle with comed brown sugar and ginger. Broil 5 min. or until sugar is melted bubbly.

8 servings

*Debbie Vanni*
*Libertyville, IL*

### Southwest Appetizer Cheesecake

**⅔ cup finely crushed tortilla chips**
**2 tbsp. PARKAY Margarine, melted**

* * *

**1 cup cottage cheese**
**3 8-oz. pkgs. PHILADELPHIA BRAND Cream Cheese, softened**
**4 eggs**
**1 10-oz. pkg. CRACKER BARREL Sharp Natural Cheddar Cheese, shredded**
**1 4-oz. can chopped green chilies**

* * *

**1 8-oz. container BREAKSTONE'S Sour Cream**
**1 8-oz. container BREAKSTONE'S Jalapeño-Cheddar Gourmet Dip**
**1 cup chopped tomato**
**½ cup chopped green onions**
**¼ cup pitted ripe olive slices**

Combine crumbs and margarine; press onto bottom of 9-inch springform pan. Bake at 325° 15 min.

Place cottage cheese in blender container. Cover; process on high speed until smooth. In large mixing bowl of electric mixer, combine cottage cheese and cream cheese, mixing at medium speed until well blended. Add eggs, one at a time, mixing well after each addition. Blend in cheddar cheese and chilies; pour over crust. Bake at 325° 1 hr.

Combine sour cream and dip; mix well. Spread over cheesecake; continue baking 10 min. Loosen cake from rim of pan; cool before removing rim of pan. Chill. Top with remaining ingredients and additional sour cream.

16 to 20 servings

*Kim Marsden*
*Renton, WA*

### Supreme Chocolate Cheesecake

**1½ cups (16) crushed creme-filled chocolate cookies**
**¼ cup PARKAY Margarine, melted**

* * *

**3 8-oz. pkgs. PHILADELPHIA BRAND Cream Cheese, softened**
**1 14-oz. can sweetened condensed milk**
**3 eggs**
**1 12-oz. pkg. semi-sweet chocolate pieces, melted**
**2 tsp. vanilla**

* * *

**⅓ cup PARKAY Margarine**
**½ cup powdered sugar**
**1 6-oz. pkg. semi-sweet chocolate pieces, melted**
**2 tbsp. orange flavored liqueur**

Combine crumbs and margarine; press onto bottom of 9-inch springform pan.

Combine cream cheese and milk, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in chocolate and vanilla; pour over crust. Bake at 300° 1 hr. and 10 min. Loosen cake from rim of pan; cool before removing rim of pan.

Beat margarine and sugar until light and fluffy. Add chocolate and liqueur, mixing until well blended. Frost top and sides of cheesecake. Chill.

10 to 12 servings

*Stephen Thomas*
*Bethlehem, PA*

### Sautéed Chicken Breasts in Cream Sauce

**2 whole chicken breasts, split, boned, skinned**
**2 tbsp. PARKAY Margarine**
**1½ cups mushroom slices**
**1 cup celery slices**
**½ medium onion, thinly sliced**
**½ tsp. pepper**
**½ tsp. dried basil leaves, crushed**
**¼ tsp. dried chervil leaves, crushed**
**⅛ tsp. dried thyme leaves, crushed**
**¼ cup dry white wine**
**1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese, cubed**
**⅓ cup milk**
**2½ cups (8 oz.) tri-colored corkscrew noodles, cooked, drained**

Cut chicken into strips. Melt margarine in large skillet; add chicken, vegetables and seasonings. Cook over medium heat, stirring occasionally, 10 min. or until chicken is tender. Add 2 tbsp. wine; simmer 5 min. Combine cream cheese, milk and remaining wine in saucepan, stirring over low heat until smooth. Place noodles on serving platter; top with chicken mixture and cream cheese mixture.

4 to 6 servings



# Some Companies Have To Make Up Stories Like Ours.

Considering how it all started, the Near East success story is fairly remarkable.

At Hannah Kalajian's diner in Worcester, Mass., one of the most popular items was her traditional rice pilaf.



Hannah would share her recipe with anyone who asked for it. But most said that when they tried it at home, it didn't turn out right.

So she began packaging the ingredients, and called her product Near East.

Now, thirty years later, Near East Rice Pilaf has loyal customers all over the country. People who enjoy its delicate, lightly seasoned flavor, and appreciate the fact that it's made from all natural ingredients.




At some companies, the advertising department has to make up stories like this. That's because they don't have a product like ours.

© 1987 Near East Food Products Co.


## CELEBRATING SUMMER

*continued from page 130*

**4 squares (4 ounces) semisweet chocolate, melted and cooled**
**½ teaspoon vanilla**
**½ cup raspberry *or* apricot preserves**
**⅓ cup raspberry *or* apricot preserves**
**1 recipe Chocolate Glaze**
**Fresh raspberries (optional)**

● **Grease** an 11x7x1½-inch baking pan. Set aside.

● **In a small mixing bowl stir together** flour, cornstarch, and salt. Set aside.

● **Combine margarine or butter,** sugar, and brown sugar. Stir in eggs, one at a time. Stir in chocolate and vanilla. Stir in flour mixture. Stir in the ½ cup preserves. Pour into prepared pan.

● **Bake in a 350° oven** 35 to 40 minutes or till brownies spring back when lightly touched in center. Cool on wire rack for 10 minutes. Spread with the ⅓ cup preserves. Pour Chocolate Glaze over. Cool completely. To serve, cut into triangular wedges. Top each wedge with a raspberry. Makes about 32 wedges.

***Chocolate Glaze:*** In a medium saucepan cook and stir 3 tablespoons *margarine* or *butter,* 2 tablespoons *unsweetened cocoa powder,* and 2 tablespoons *milk* till mixture comes to a boil. Remove from heat. Stir in 1½ cups sifted *powdered sugar* and ½ teaspoon *vanilla* till smooth. Makes ⅔ cup.

***Nutrition information per serving:*** *147 cal., 1 g pro., 24 g carbo., 6 g fat, 26 mg chol., 66 mg sodium, 46 mg potassium, 0 g dietary fiber.*

### HONEY LIMEADE

*For added pizzazz, freeze wedges of kiwi fruit in ice cubes to use in each drink—*

**5 cups water**
**1 cup lime juice (juice from 4 to 5 limes)**
**⅔ cup sugar**
**2 tablespoons honey**
**Kiwi fruit ice cubes *or* ice cubes**
**2 kiwi fruit, sliced (optional)**

● **In a 2-quart pitcher combine** water, lime juice, sugar, and honey. Stir to dissolve sugar. Serve over ice cubes. Hang a kiwi fruit slice on the side of each glass. Makes about 6 (8-ounce) servings.

***Nutrition information per serving*** *117 cal., 0 g pro., 31 g carbo., 0 g fat, 0 mg chol., 1 mg sodium, 48 mg potassium, 0 g dietary fiber. U.S. RDA: 20% vit. C.*

*continued on page 13*

# For Those Sit Down Dinners That Don't Require Chairs.



When you're not standing on ceremony, try some Chunk Chicken from Hormel. Big chunks of real chicken. Ready to use in some of your simplest and most enjoyable recipes. Like this one.



*Mexican Chicken Tortilla*

Brush the surface of 2 flour tortillas lightly with vegetable oil and sprinkle each with ¼ teaspoon of chili powder.

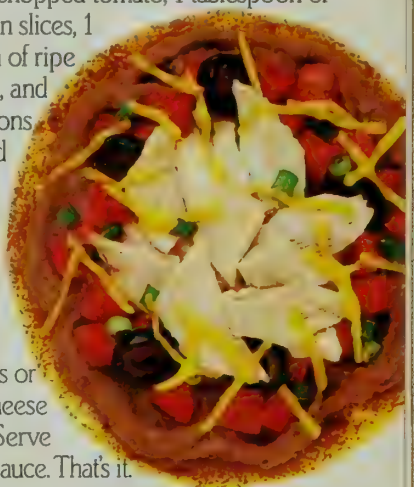


Microwave on paper towels, one at a time, on HIGH for 1 minute.

Drain and break apart one can of HORMEL CHUNK BREAST OF CHICKEN.

Gently spread each tortilla with ⅓ cup of refried beans.

Top each with the chicken, 2 tablespoons of chopped tomato, 1 tablespoon of green onion slices, 1 tablespoon of ripe olive slices, and 2 tablespoons of shredded cheddar cheese.



Microwave each tortilla on HIGH for 1½ minutes or until the cheese is melted. Serve with taco sauce. That's it.

So spend less time cooking and more time with your family and friends. With




Chunk Chicken from Hormel. Try our Chunk Turkey, Ham, and Salmon, too.

## The Casual Cuisine.

*Chunk Breast of Chicken.* Hormel


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*continued from page 132*

## SMOKED JALAPEÑO TURKEY

*Young children might prefer apple jelly instead of spicy jalapeño jelly—*

**4 cups mesquite wood chips**
**2 tablespoons jalapeño *or* apple jelly**
**½ teaspoon salt**
**¼ teaspoon ground cumin**
**½ teaspoon pepper**

• • •

**1 3- to 3½-pound fresh breast half of turkey with bone**
**Cooking oil**
**1 pineapple**
**2 fresh apricots, pitted and chopped**
**1 red sweet pepper, seeded and chopped**
**¼ cup jalapeño *or* apple jelly**

● **At least 1 hour before cooking,** soak the wood chips in enough water to cover. In a bowl stir together the 2 tablespoons jelly, salt, cumin, and pepper.

● **Use a sharp knife** to remove bone from turkey breast; discard bone. Rinse turkey; pat dry. To loosen turkey skin, slip your fingers under skin of turkey breast, pulling it away from meat, but leaving skin attached at one long edge. Spread jelly mixture over the meat under the skin. Replace skin over jelly mixture, securing with wooden toothpicks, if necessary. Insert a meat thermometer into the center of the thickest portion of turkey breast.

● **Drain wood chips.** In a covered grill arrange preheated coals around a drip pan; test for *medium* heat above pan (see tip, *page 127*). Pour water into pan to depth of 1 inch. Sprinkle *half* of the drained wood chips over hot coals.

● **Brush grill rack** with oil. Place turkey breast, skin side up, on rack over drip pan, but not over coals. Brush skin with a little oil. Lower grill hood.

● **Grill turkey breast** till thermometer registers 170° (2¼ to 3 hours). Sprinkle remaining wood chips over hot coals after 45 minutes of cooking. Add more water to the drip pan, as necessary. Add 6 to 8 new coals to the firebox every 20 to 30 minutes during cooking to maintain the coals' heat.

● **Meanwhile, cut** six ½-inch-thick slices off bottom of unpeeled pineapple. Halve slices; set aside. For the salsa, peel, core, and chop remaining pineapple (should have 1½ to 2 cups). In a small mixing bowl combine chopped pineapple, apricots, sweet pepper, and the ¼ cup jelly. Cover and chill in the refrigerator till serving time.

● **During the last 10 minutes** of grilling, add halved pineapple slices on the side of the grill to heat through. Slice turkey; serve with salsa and grilled pineapple. Makes 6 to 8 servings.

***Nutrition information per serving:*** *307 cal., 43 g pro., 30 g carbo., 2 g fat, 117 mg chol., 259 mg sodium, 629 mg potassium, 2 g dietary fiber. U.S. RDA: 29% vit. A, 95% vit. C, 13% thiamine, 14% riboflavin, 56% niacin, 18% iron.*

## MICROWAVE NEW POTATO SALAD

*Don't have a microwave? Cook the vegetables on your range top—*

**¾ pound whole tiny new potatoes**
**¼ cup water**
**¾ pound fresh whole green beans *or* one 9-ounce package frozen cut green beans**
**¼ cup mayonnaise *or* salad dressing**
**¼ cup dairy sour cream**
**¼ cup buttermilk *or* milk**
**¼ teaspoon salt**
**¼ teaspoon onion salt**
**¼ teaspoon Italian seasoning, crushed**
**¼ cup sliced pitted ripe olives**
**Tomato wedges**
**Whole pitted ripe olives (optional)**
**Salad savoy leaves (optional)**

● **Scrub potatoes;** quarter lengthwise. In a 1½-quart microwave-safe casserole combine potatoes and water. Micro-cook, covered, on 100% power (high) for 8 to 10 minutes or till potatoes are tender, stirring once. Drain in a colander; set aside.

● **If using fresh beans,** remove ends and strings. Break into 1-inch pieces. In same casserole, cook fresh beans and ¼ cup *water,* covered, on high 13 to 15 minutes or till tender. (If using frozen beans, cook beans, covered, on high 5 to 7 minutes or till tender, stirring once.) Drain in a colander; set aside.

● **In same casserole stir together** mayonnaise or salad dressing, sour cream, buttermilk or milk, salt, onion salt, and Italian seasoning. Stir in potatoes, beans, and sliced olives. Cover; chill 4 hours or till completely chilled.

*continued on page 136*


**TRY THESE MUCH BUTTER WAYS TO COOK WITH CRISCO.**

**CHOCOLATE CHIP COOKIES**

½ cup **Butter Flavor Crisco**
6 tbsps. granulated sugar
6 tbsps. firmly packed brown sugar
1 egg
½ tsp. vanilla
1 cup and 2 tbsps. unsifted all-purpose flour
½ tsp. salt
½ tsp. baking soda
½ cup semi-sweet chocolate pieces

Preheat oven to 375°F. Cream Butter Flavor Crisco, sugar, brown sugar, egg and vanilla in large bowl. Combine flour, salt and soda. Blend into creamed mixture. Stir in chocolate pieces. Drop by level measuring tablespoons onto ungreased baking sheets. Bake at 375°F for 8 min. Cool on baking sheets about 1 min. Then place cookies on wire rack to finish cooling.

**BISCUITS**

⅓ cup **Butter Flavor Crisco**
2 cups all-purpose flour
3½ tsps. baking powder
1 tsp. salt
⅔ cup milk

Preheat oven to 425°F. Cut Butter Flavor Crisco into sifted flour, baking powder and salt mixture with pastry blender. Add milk to dry mixture and mix just enough to hold dough together. Transfer to floured board, knead lightly, roll dough ½ inch thick and cut with floured cutter. Place on cookie sheet and bake for 12-15 min.

**YELLOW LAYER CAKE WITH BUTTERY FROSTING**

**CAKE:**

½ cup **Butter Flavor Crisco**
1½ cups sugar
2 cups all-purpose flour
1 tsp. salt
3 tsps. baking powder
1 cup milk
2 eggs

Preheat oven to 350°F. Combine sugar, flour, salt and baking powder. Add Butter Flavor Crisco and ⅔ cup of the milk, and beat 2 min. at medium speed, scraping bowl and beaters frequently. Add eggs and remainder of milk, and mix 2 min. at medium speed. Pour half of batter into each of two 8-inch round pans. Bake at 350°F for 30-35 min. Frost when cake has cooled.

**FROSTING:**

¼ cup **Butter Flavor Crisco**
3 cups confectioners' sugar
½ tsp. salt
1½ tsps. vanilla
¼ cup milk

In medium mixing bowl combine 1 cup sugar, Butter Flavor Crisco, vanilla and salt. Add milk and remaining sugar alternately, blending until smooth and creamy. Fills and frosts two 8- to 9-inch layers, or frosts one 13-by-9-inch cake.

*continued from page 135*

● **To serve the salad,** gently stir the mixture. Place the tomato wedges and the whole pitted ripe olives on top and to one side of the salad. Tuck the salad savoy leaves in one side of the casserole dish just behind the tomatoes and olives. Makes 6 servings.

***Nutrition information per serving:*** *164 cal., 3 g pro., 16 g carbo., 10 g fat, 10 mg chol., 278 mg sodium, 495 mg potassium, 3 g dietary fiber. U.S. RDA: 13% vit. A, 27% vit. C.*

## PICKLED BABY CORN ON THE COB

*For crisp pickles, eat within a week—*

**1½ cups sugar**
**1 cup vinegar**
**½ teaspoon ground turmeric**
**½ teaspoon celery seed**
**¼ teaspoon dry mustard**
**¼ teaspoon bottled minced garlic**
**1½ pounds fresh baby corn on the cob, husked *or* two 8-ounce packages frozen baby corn on the cob**

● **In a large saucepan stir together** sugar, vinegar, turmeric, celery seed, mustard, and garlic. Add corn. Bring to a full boil. For fresh corn, boil gently for 2 minutes. (For frozen corn, omit boiling for 2 minutes.) Remove from heat. Cool slightly.

● **Transfer corn** to a moisture- and vaporproof container. Add enough of the cooking liquid to cover. Cover; chill in the refrigerator for up to 1 week. Makes 8 to 10 servings.

***Nutrition information per serving:*** *64 cal., 1 g pro., 16 g carbo., 0 g fat, 0 mg chol., 5 mg sodium, 94 mg potassium, 2 g dietary fiber.*




## SPEEDY GRILL CLEANUP

To make cleaning up your grill a bit easier, follow these handy tips:

● Line the inside of the firebox with heavy foil. After the ashes have cooled, just pick up the foil—ashes and all—and throw away.

● Spray the cold grill rack with nonstick spray coating before grilling.

● Just after cooking, cover both sides of the grill rack with wet paper towels or newspapers; let stand while you eat. Burned-on food will usually wash right off later.

● For stubborn spots, sprinkle a damp sponge with dry baking soda, and scour the grill lightly. *Or,* scrub the grill with a scouring or abrasive-type pad, crumpled foil, or a stiff grill brush.

● To clean a gas grill, turn the gas burners to HIGH. Lower the hood, and let burn about 15 minutes. After cooling, simply remove the charred particles from the grill rack.

● Once a year, gas grills need further cleaning. To do this, remove the grill rack, briquettes, and briquette rack. Then, brush out the bottom of the grill.

***Note:*** Read the cleaning and care directions that accompany your grill equipment before using any cleaning products or abrasives.

## MICROWAVE NOTE

*Microwave directions are included when a micro-cooked recipe is as appealing as the conventionally cooked recipe. The microwave versions included here were tested in countertop microwave ovens that operate on 600 to 700 watts. Cooking times in these recipes are approximate because microwave ovens vary by manufacturer.* BH&G

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# WIN MONEY FOR YOUR RECIPES

This Month's Winners, Pages 141, 142

BETTER HOMES AND GARDENS TEST KITCHEN®

## PRIZE TESTED RECIPES®

### THIS MONTH'S CATEGORIES

**Hearty Pot Pies**
**Low-Calorie Desserts**

**What substantial pot pie do you make for sustenance in winter? Do you create a unique dessert that's easy on waistlines?** Send us your recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Recipes will appear on the Prize Tested Recipes pages of *Better Homes and Gardens*® magazine next January. Winners receive a certificate and six copies of their recipe.

### HINTS TO HELP YOU

**Hearty Pot Pies:** Your original recipe can be any type of main-dish casserole with a bottom crust or topping. Can you make it ahead? **Hints: Mexican pot pie with corn bread dumplings, vegetarian pie, seafood Newburg pie.**

**Low-Calorie Desserts:** Your dessert can be baked, microcooked, stovetop-cooked, or need no cooking at all! Do you use convenience products for a shortcut? What secret technique do you use to slash calories? **Hints: apple ice, microwave fruit custard, featherweight coconut cake.**

### WINNERS IN THIS ISSUE

**$100 Winners**

Carol A. Bartholomew, Salt Lake City, Utah
Terry Hall, Huntsville, Ala.

**$50 Winners**

Mayra Gonzalez, Neptune City, N.J.
Julia W. Ross, Pfafftown, N.C.

**Honor Roll Winners**

Joanne Bonica, Massapequa, N.Y.; Vivian Calandriello, Totowa, N.J.; Heidi Herb, Forest Grove, Oreg.; Karen Martis, Merrillville, Ind.; Patricia A. Trottman, Roanoke, Va.; Tammara Wallin, Lindenhurst, Ill.

### CONTEST RULES

**1.** Clearly type or print your name, address, and recipe marked "January Hearty Pot Pies" or "January Low-Calorie Desserts." **2.** Specify the brand names of the food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, June 30, 1988. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit the winning recipes. **7.** Address the recipes you enter to 8901 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation.

# Try the layered look tonight.

## Banana Fizz Favorite

*1 pkg. (4-serving size) JELL-O® Brand Gelatin, any flavor**
*¾ c. boiling water*
*½ c. cold water*
*Ice cubes*
*1 banana, sliced*

**Or use Sugar Free Gelatin.*

**1.** Dissolve gelatin in boiling water. Combine cold water and ice cubes to make 1¼ cups; add to gelatin, stirring until slightly thickened; remove unmelted ice. **2.** Place banana slices in dessert glasses. Measure 1⅓ cups of the gelatin and spoon over banana slices. **3.** Whip remaining gelatin with electric mixer until fluffy, thick and about doubled in volume. Pour over clear gelatin in glasses. Chill until firm, about 1 hour. Makes 5 servings.




## Another delicious recipe from The Jell-O® Pages.




For Your FREE Copy of The Jell-O® Pages Recipe Book, send three UPC symbols from any box of Jell-O® Brand Desserts along with 50¢ for postage and handling to: General Foods Corporation, 1 Smart Drive, P.O. Box 6729, Kankakee, IL 60902. Hurry. Supplies are limited.

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**Fill.**




**Chill.**



**Thrilled.**



# Pie goes fast, when elves make the crust...

## Cool & Simple Citrus Pie

- 1 can (6 fl. oz.) lemonade frozen concentrate
- 1 pint vanilla ice cream, softened
- Yellow food coloring, if desired
- 3½ cups (8 oz.) thawed BIRDS EYE® COOL WHIP® Whipped Topping
- 1 KEEBLER® READY-CRUST® Graham Cracker Pie Crust

*Place concentrate in large mixing bowl and beat about 30 seconds. Gradually spoon in ice cream and blend. Fold in whipped topping and add food coloring (if desired), whipping until smooth. Freeze, if necessary, until mixture will mound. Spoon into pie crust. Freeze until firm, at least 4 hours. Store any leftover pie in freezer.*

This recipe is specially developed by General Foods for Keebler.

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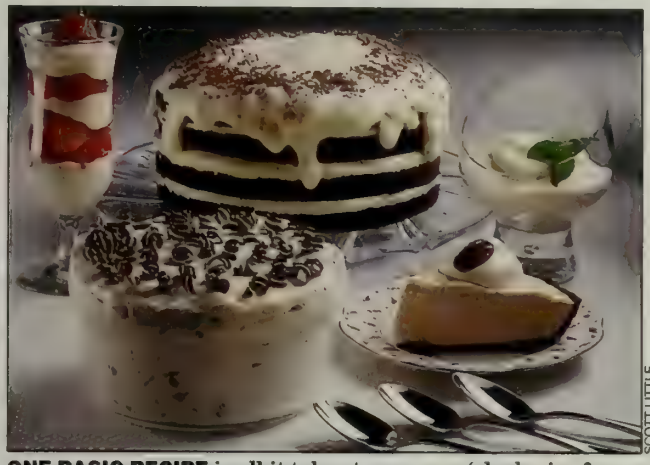
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# MOUSSE MAGIC

## FIVE FINE DESSERTS FROM ONE BASIC RECIPE

**Master our basic white mousse recipe, and with a touch of the magic wand (a wooden spoon will do) you can create any of these five spectacular desserts.**



SCOTT LITTLE

**ONE BASIC RECIPE** is all it takes to prepare (clockwise from left): Mousse and Berry Parfaits, Mousse Torte, White Mousse, Mocha Mousse Pie, and Mint Mousse Soufflé.

### WHITE MOUSSE

*White baking bars with cocoa butter are found in the baking section of your supermarket. Read the ingredient list to determine if the product contains cocoa butter—*

- ¼ cup sugar
- 1 envelope unflavored gelatin
- 1 cup cold water
- 3 ounces white baking bar with cocoa butter, chopped
- 3 beaten egg yolks
- 1 cup whipping cream
- 3 egg whites
- 1 teaspoon vanilla

In a medium saucepan combine sugar and gelatin. Add water and baking bar. Cook and stir over medium heat till mixture is boiling and gelatin is dissolved. Stir about *1 cup* of the hot mixture into egg yolks; return all to saucepan. Cook and stir just till mixture bubbles. Transfer to a large mixing bowl. Chill till the consistency of unbeaten egg whites (about 45 minutes), stirring occasionally.

Meanwhile, in a chilled bowl beat whipping cream till stiff peaks form. Chill till ready to use.

In a large mixer bowl beat egg whites and vanilla till stiff peaks form (tips stand straight). Stir a small amount of beaten egg white into gelatin mixture; fold in remaining whites. Fold whipped cream into egg white mixture. Spoon into dessert cups; chill 2 hours or till serving time. Makes 8 servings.

***Nutrition information per serving:*** 217 cal., 4 g pro., 14 g carbo., 16 g fat, 145 mg chol., 43 mg sodium, 78 mg potassium, 0 g dietary fiber. U.S. RDA: 11% vit. A.

### MOCHA MOUSSE PIE

Prepare White Mousse as directed *except omit* vanilla and *add* 2 to 3 tablespoons *coffee liqueur* and 1 tablespoon *crème de cacao* to gelatin and egg yolk mixture after transferring to bowl.

Pour mousse into a *chocolate-flavored crumb pie shell.* Cover and chill 5 hours or overnight. Top with *whipped cream* and *chocolate curls.* Serves 8.

***Nutrition information per serving:*** 383 cal., 6 g pro., 31 g carbo., 27 g fat, 157 mg chol., 136 mg sodium, 116 mg potassium, 0 g dietary fiber. U.S. RDA: 18% vit. A, 11% riboflavin.

### MOUSSE TORTE

Prepare and bake one package 2-layer-size regular *deep chocolate cake mix* according to package directions in two 9-inch cake pans. Cool cake on wire racks. Wash cake pans.

Prepare White Mousse as directed. Line bottoms and sides of three 9-inch cake pans with foil. Spread *one-fourth* of the mousse (about 1¼ cups) in *each* pan; chill 1 hour or till firm. Leave remaining mousse at room temperature.

Split cake layers in half horizontally to form 4 layers. Place a cake layer on serving plate. Lift foil with mousse from pan and invert atop cake layer; gently peel foil off mousse. Repeat with remaining chilled mousse and cake.

Spread the room temperature mousse on top of stacked cake layers, letting the mousse flow over the edges. Sprinkle with *grated chocolate.* Chill for at least 1 hour before serving. Makes 8 to 10 servings.

***Nutrition information per serving:*** 602 cal., 10 g pro., 67 g carbo., 35 g fat, 248 mg chol., 365 mg sodium, 185 mg potassium, and 1 g dietary fiber. U.S. RDA: 13% vit. A, 12% thiamine, 18% riboflavin, 12% calcium, 13% iron.

### MOUSSE AND BERRY PARFAITS

Prepare White Mousse as directed, *except* add 1 teaspoon finely shredded *orange peel* and ¼ cup *orange juice* to gelatin and egg yolk mixture after transferring to bowl.

Alternately layer mousse and 3 cups sliced fresh *strawberries* in 6 to 8 parfait glasses, ending with mousse. Chill for at least 2 hours. To serve, top with *strawberries.* Makes 6 to 8 servings.

***Nutrition information per serving:*** 332 cal., 7 g pro., 28 g carbo., 22 g fat, 193 mg chol., 59 mg sodium, 336 mg potassium, 3 g dietary fiber. U.S. RDA: 16% vit. A, 128% vit. C, 15% riboflavin.

### MINT MOUSSE SOUFFLÉ

Prepare White Mousse as directed *except* fold in ¾ cup finely chopped *chocolate mint wafers* and 4 to 6 drops *green food coloring* after folding in the whipped cream. Pour into a 1-quart soufflé dish with greased collar attached. Cover and chill at least 3 hours.

To serve, remove collar and press ¼ cup *chocolate mint wafer curls* onto top edge of soufflé. Makes 8 servings.

***Nutrition information per serving:*** 304 cal., 5 g pro., 31 g carbo., 19 g fat, 145 mg chol., 83 mg sodium, 97 mg potassium, 0 g dietary fiber. U.S. RDA: 11% vit. A.

# HOW TO ORDER

## CATS! Those Furry Little Bundles of Badness

Duplicate these purr-fectly adorable projects, all specially created for our readers and exclusive *Better Homes and Gardens®* designs (not available in stores).



Our **Kitty-Cat Cross Stitch Sampler Kit** includes 14-count black Aida, cotton embroidery floss, needle, chart, and complete instructions for this 6 x 8-inch sampler. As shown on page 75.



Our **Knitted Kitty Kit** includes acrylic yarn in five colors, red ribbon, a 1-inch gold bell, and cotton broadcloth for backing. Finished size of the project is 13 x 18¼. As shown on page 76.



Our **Miss Puss** is a complete full size pattern with easy-to-follow instructions. As shown on page 74. Full-size patterns for all of the other designs shown (**Folk-Art Kitties, Lovable Litter Mates,** and **Miss Meow and Her Sisters**) are contained in our **Cat Collection Pattern.**



You can duplicate our **Cats and Yarn Ball Frame** (shown above and on page 76) or our **Tom Cat Chair** (page 77) with our professional-quality woodworkers' blueprints. Both of these ***Better Homes and Gardens®*** Project Plans include full-size pattern pieces and complete assembly instructions.

## High-Rise Tree House



We give complete build-it-yourself detail for the **High-Rise Tree House** on pages 156 to 162, but if you prefer to work from a blueprint (or intend to hire a contractor who does), order our Project Plan.

## Summer Style



**Build It Yourself and Save!** Add summer style to your landscape with this handsome **Lawn Swing and Arbor** (as shown on page 102). Start with a purchased swing or build it all from scratch; our plan shows how to do it either way. All ***Better Homes and Gardens®*** Project Plans are professional-quality woodworkers' blueprints including detailed drawings, lists of materials, construction tips, and complete step-by-step instructions.

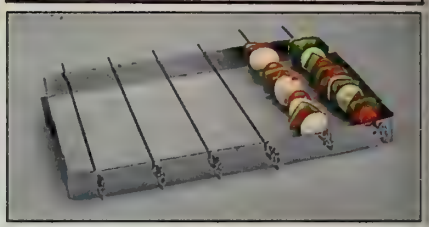
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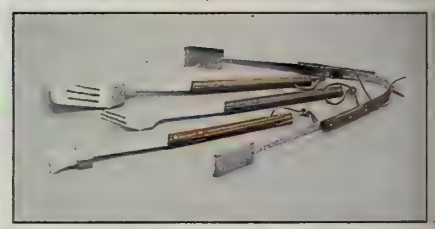
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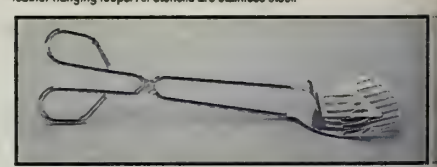
## Celebrating Summer



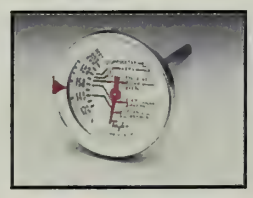
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# BULGUR: ADDS FIBER AND FLAVOR

## TRY ITS NUTTY TASTE IN THESE HOMEY, GOOD-FOR-YOU RECIPES

### BULGUR-RICE PILAF

In a medium saucepan cook ⅓ cup sliced *almonds* in 1 tablespoon hot *butter* or *margarine* 5 to 6 minutes or till toasted. Remove almonds from pan. To same pan, add 1 cup sliced fresh *mushrooms,* ¼ cup sliced *green onion,* and 1 tablespoon *butter* or *margarine.* Cook 3 to 4 minutes or till tender. Add 2 cups *chicken broth,* ½ cup *long grain rice,* ½ cup *bulgur,* and ¼ teaspoon crushed *dried thyme.* Bring to boiling; reduce heat. Cover; simmer 15 minutes. (Do not lift cover.) Remove from heat; let stand, covered, 10 minutes. Stir in almonds. Makes 6 servings.

***Nutrition information per serving:*** 182 cal., 5 g pro., 24 g carbo., 7 g fat, 10 mg chol., 294 mg sodium, 2 g dietary fiber. U.S. RDA: 14% niacin.



SCOTT LITTLE

**Look for bulgur (precooked cracked wheat) next to the flour at your store.**

### PIZZA-BULGUR MEAT LOAF

In a bowl combine 1 beaten *egg,* ⅓ cup *bulgur,* ⅓ cup *pizza sauce,* 2 tablespoons *water,* ½ teaspoon each *onion salt,* crushed *dried basil,* and crushed *dried oregano,* and ¼ teaspoon *pepper.* Add 1½ pounds *ground beef;* mix well. Pat into 5-cup ring mold; unmold in shallow baking pan. Cover loosely. Bake in 350° oven 40 minutes, removing foil after 25 minutes. Spoon off fat. Top with ⅔ cup *pizza sauce.* Cook 5 minutes more or till thermometer registers 170° and no pink remains.

Cut 1 slice (1½ ounces) *mozzarella cheese* into thirds crosswise. Halve each piece diagonally, forming 2 triangles (6 triangles total). Arrange triangles on meat. Return to oven 1 minute or till cheese begins to melt. Serves 6.

***Nutrition information per serving.*** 299 cal., 28 g pro., 15 g carbo., 13 g fat, 130 mg chol., 718 mg sodium, 2 g dietary fiber. U.S. RDA: 14% vit. A, 13% vit. C, 18% riboflavin, 32% niacin, 24% iron, 27% phosphorus. BH&G

We're not about to risk it with a bunch of baloney.









# COOKIE-JAR MELON SLICES

## SUGAR COOKIES GO UNDERCOVER

**You won't need a green thumb to create these watermelon slices. The sweet-tasting imposters come from the kitchen, not the garden! Serve the slices as a summer refresher with lemonade or iced tea.**

### WATERMELON COOKIES

**2 cups all-purpose flour**
**1½ teaspoons baking powder**
**½ teaspoon salt**
**6 tablespoons margarine *or* butter**
**⅓ cup shortening**
**¾ cup sugar**
**1 egg**
**1 tablespoon orange juice *or* milk**
**1 teaspoon vanilla**
**Several drops red food coloring**
**⅓ cup miniature semisweet chocolate pieces**



SCOTT LITTLE

**Refreshing summer pick-me-up.**

**1 egg white**
**1 tablespoon water**
**Green colored sugar**

Stir together flour, baking powder, and salt. In a large mixer bowl beat margarine and shortening with an electric mixer on medium speed 30 seconds. Add the ¾ cup sugar; beat till fluffy. Add egg, orange juice, vanilla, and food coloring; beat well on medium speed. Add flour mixture, beating on low speed till combined. Cover; chill 3 hours or till easy to handle.

On a floured surface roll *half* the dough ¼ inch thick. Cut with a 3-inch round cookie cutter, dipping cutter into flour between cuts. Cut cookies in half; place on an ungreased cookie sheet. Press a few chocolate pieces into *each*. Bake in a 375° oven 8 to 10 minutes. *Do not brown.* Remove; cool on a rack.

In a small shallow bowl stir together egg white and water; brush the edge of *each* cookie. Sprinkle sugar on edges. Dry on racks. Makes about 60 cookies.

***Nutrition information per cookie:*** *52 cal., 1 g pro., 6 g carbo., 3 g fat, 5 mg chol., 41 mg sodium.*




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# MICROWAVE TOASTER OVENS

## COMPACT, CONVENIENT

**First came toasters. Next, toaster ovens. Then, a few manufacturers began producing fancy toaster ovens that also micro-cook. Read on to see if they're for you.**

### Multifunction ovens

In a nutshell, these mini-ovens do all the things a traditional toaster oven does (bake, broil, and toast). But, they also micro-cook. Of course, cooking capabilities vary by brand. Some don't broil; others simultaneously micro-cook and brown food. Check as you shop.

### Compact, lightweight

This type of oven packs a lot of potential into a small area. Most models are 16 to 23 inches long, 10 to 15 inches deep, and 10 to 12 inches high (about the size of regular toaster ovens). Many weigh less than 50 pounds.

Cavity space varies widely. Some are small (hold an 8-inch pan). Others accommodate a 12x7½x2-inch dish.

### Microwave features

Most of these ovens operate on 400 to 500 watts. However, the Litton Micro-Browner™ has a full 650 watts. The lower wattage ovens cook food less quickly.

Like regular microwave ovens, models have from one to 10 power settings. If you plan to do more than reheat and defrost food, we recommend getting defrost, 50 percent (medium), and 100 percent (high) power settings.

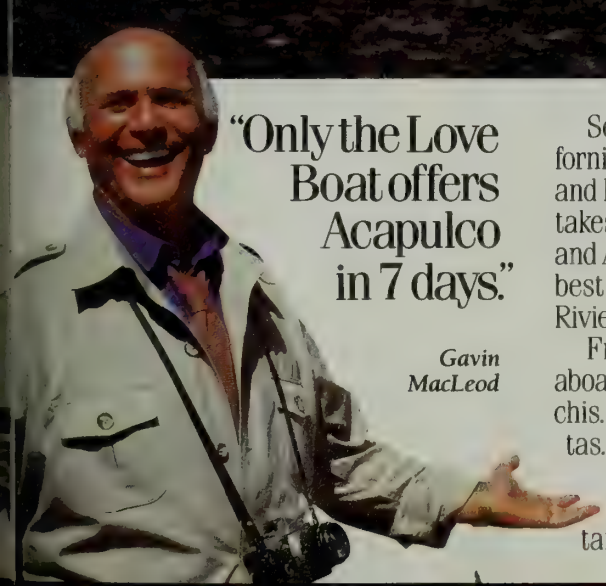
### Who makes them?

Only a few ovens are currently available, and prices vary with the oven's features.

- General Electric Omni 5 ($250)
- Litton Micro-Browner™ Microwave Oven ($399)
- Sharp® Hot Stuff™ Browning Microwave ($180)
- Sunbeam Express Meals ($299) BH&G

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# CHOLESTEROL-FREE BREADS

## HOMEMADE, SCRUMPTIOUS, AND HEALTHFUL

**Watching your cholesterol? Skip the butter, not the bread, and make Double Pepper 'n' Rye Bread or Apple-Cinnamon Scones. You'll discover how delicious cholesterol-free foods can be.**

### APPLE-CINNAMON SCONES

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- 1½ teaspoons baking powder
- ½ teaspoon ground cinnamon
- ⅓ cup margarine
- 1 small apple, peeled and cored
- 1 cup quick-cooking rolled oats
- 2 egg whites
- 2 tablespoons apple juice
- 2 tablespoons honey
- Nonstick spray coating
- Skim milk



SCOTT LITTLE

**TRY THIS QUICK BREAD for breakfast.**

In a bowl combine flours, baking powder, and cinnamon. Cut in margarine till mixture resembles coarse crumbs. Chop apple. Stir apple and oats into flour mixture. Add egg whites, apple juice or milk, and honey; mix well. (Dough will be sticky.)

Spray baking sheet with nonstick coating. With floured hands, on baking sheet pat dough into a 7-inch circle. Cut into 12 wedges; using long, thin-blade spatula, separate wedges, leaving ¼ inch between each. Brush with milk. Bake in a 400° oven 10 to 12 minutes or till golden. Serve warm. Makes 12.

***Orange-Raisin Scones:*** Prepare the Apple-Cinnamon Scones as above, *except* stir 1 teaspoon finely shredded *orange peel* into flour mixture, and substitute ½ cup *currants* for the apple and 3 tablespoons *orange juice* for apple juice. Shape as directed. Bake in a 400° oven 10 to 12 minutes or till golden.

***Nutrition information per scone:*** *126 cal., 3 g pro., 16 g carbo., 6 g fat, 0 mg chol., 107 mg sodium, 70 mg potassium, 1 g dietary fiber.*





## DOUBLE PEPPER 'N' RYE BREAD

*For a fire-breathing version, substitute ground red pepper for the coarsely ground black pepper—*

**3¼ to 3¾ cups all-purpose flour**
**2 packages active dry yeast**
**1½ teaspoons coarsely ground black pepper**

• • •

**2 cups warm water (120° to 130°)**
**¼ cup packed brown sugar**
**1 tablespoon vegetable oil**
**1 teaspoon salt**

• • •

**2½ cups rye flour**
**1 red *or* green sweet pepper, finely chopped**

• • •

**Nonstick spray coating**
**1 tablespoon margarine, melted**

In a large mixer bowl stir together *2 cups* of the all-purpose flour, both packages of the active dry yeast, and the coarsely ground black pepper. In a small mixing bowl stir together the warm water, brown sugar, vegetable oil, and salt. Add the water mixture to the flour-yeast mixture. Beat with an electric mixer on low speed for 30 seconds, scraping the sides of the bowl constantly. Beat with an electric mixer on high speed for 3 minutes. Using a wooden spoon, stir in the rye flour, red or green sweet pepper, and as much of the remaining all-purpose flour as you can.



**TWO PEPPERS FLAVOR** this bread.

On a lightly floured surface knead in enough of the remaining all-purpose flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Place in a greased bowl. Cover and let rise in warm place till double (1 to 1½ hours).

Punch dough down; divide dough in half. Cover; let rest for 10 minutes. (Dough will be sticky.) Spray a baking sheet with nonstick coating. With lightly floured hands, shape dough into two 5½-inch round loaves. Place on the prepared baking sheet. Cover and let rise till nearly double (30 to 40 minutes). Bake in a 350° oven for 40 minutes or till bread sounds hollow when tapped. Brush the warm loaves with the melted margarine. Cool completely on wire racks. Makes 2 loaves, 24 servings total.

***Nutrition information per serving:*** *115 cal., 3 g pro., 26 g carbo., 1 g fat, 0 mg chol., 96 mg sodium, 64 mg potassium, 1 g dietary fiber. U.S. RDA: 10% vit. C, 10% thiamine.*



Baked Beans Santa Fe. Mom's secret recipe and Jennifer's favorite. The secret? S&W's Brick Oven Baked Beans. Beans like you'd make from scratch – baked slow, with all natural ingredients.




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S&W's all natural **Brick Oven Baked Beans.** It makes dinner worth running home for.

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Write for our free Brick Oven Baked Beans cookbook. S&W Fine Foods, P.O. Box 5580, San Mateo, CA 94402.

use tonight.

# SPACE-SAVVY KITCHEN REVAMP

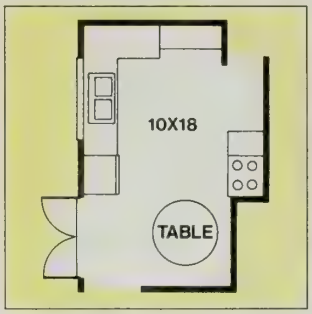
## NOW MORE LIGHT, MORE STORAGE, MORE WORK SURFACES, AND A LAUNDRY, TOO

**Ken and Kris Valente now have all the kitchen storage space and work surfaces they'll ever need. When they redesigned their kitchen and informal dining area, they made room for new cabinets, countertops, washer and dryer, and pantry, without adding a square foot.**

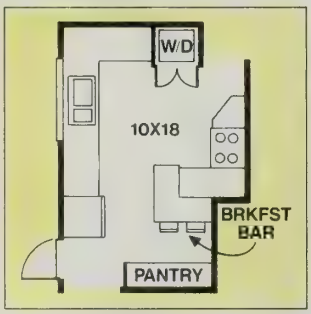
### LIBERATING SPACE

The L-shaped eating counter is the key to more efficient use of space. The stylish maple counter—designed by Ken, a plumbing contractor—replaces an old breakfast table and chairs that had been squeezed into a 10×6-foot eating area. An 18-inch-deep, 5-foot-wide pantry, which holds kitchen and dining room wares, stands in place of the table.

### BEFORE PLAN




### AFTER PLAN

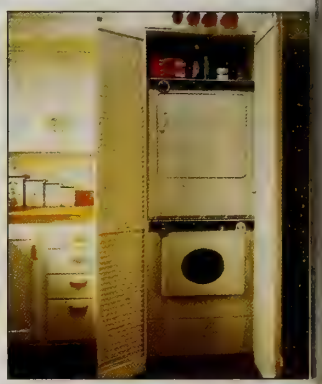





**Skylight, crown molding over the cabinets, and L-shaped breakfast bar add architectural flair.**



**New cabinets, maple butcher-block countertops, and an eating-counter extension flank the range.**



**Redesigning made space for stacked laundry equipment.**

### ADDING FUNCTION

The new cabinets and pantry provide enough additional storage capacity to free up space for a much-needed washer and dryer. The new laundry equipment stacks neatly behind louvered doors, near the hallway leading to the bedrooms.

### ADMITTING LIGHT

The Valentes also installed a 4×4-foot skylight to brighten the kitchen. Before, the window over the sink admitted the only natural light. To minimize heat loss at night and prevent overheating in summer, they use a pole to draw an insulated shade over the skylight.

### HOSPITALITY

When not lending a hand in the kitchen, visitors sit at the new eating counter—close enough for conversation, yet outside the work area. "When a friend comes over she can sit and chat while I cook," says Kris.

Photographs: Ernest Braun. Design: Ken Valente. Cabinet design: Peter Senter. Field editor: Helen Heitkamp

# One Nice Thing To Remember About Butter Is That It Has No More Calories Than Margarine...



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# And Don't Forget This.

*The rich, natural taste of real creamery butter. Only butter could do justice to fresh sweet corn. Because butter enhances the flavor of most everything you make. Real butter. The taste you never forget.*

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# Smart home buyers make smart moves!



When you're searching for your dream house ... you've got to make a lot of smart moves. The right home for the right price. The right interest rate. Near the right school. The right options, appliances and conveniences.

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That's why more smart home buyers are making one more "smart move." According to a recent survey in *Professional Builder* magazine, 2 out of 3 buyers are checking out the *credibility* of the builder and the *quality* of home construction by demanding a written home warranty protection plan that really means something.

If you're among these smart buyers considering this smart move ... look for a builder who offers the ten-year protection plan from Home Owners Warranty Corporation (HOW).

HOW Builders provide you America's biggest and best home warranty/insurance program. The only plan of its kind exclusively endorsed by the National Association of Home Builders. And the only one backed up by the country's first, most experienced, and most financially sound organization offering ten-year warranty/insurance protection.

HOW coverage helps protect you from the cost of repairing the big problems that can sometimes plague you years after you've purchased your dream house. Things like structural damage to foundations, or collapsing beams and girders ... the kind of problems that may not show up until years after you close.

Another important fact. The HOW ten-year warranty/insurance program is not an add-on which you pay extra for. It's offered to you *only* by HOW Builders, and is included with every quality home they build and enroll in the HOW Program!

So, if you're shopping for a new home, be sure to ask your real estate broker about the advantages of buying from a HOW Builder. And order your FREE copy of "The Home Buyer's Guide to HOW." Simply call toll free, 1-800-CALL HOW. (In Pennsylvania, call 1-800-222-3380.) If you prefer, fill in the coupon below and mail it today.

It's simple, really. Smart home buyers make smart moves!



**2 out of 3 buyers look for warranties.**

**YES,** please send me a FREE copy of "The Home Buyer's Guide to HOW" to help me make another "smart move."
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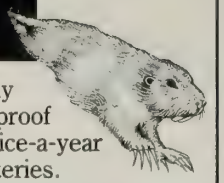
**America's Biggest and Best Warranty/Insurance Program!**

This advertisement is meant to generally describe the benefits of the HOW Program and is not to be construed as a complete description of the Program. Certain exclusions and limitations apply. A HOW Builder can provide you with sample warranty/insurance documents.

BHG6

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# WATER-BED BEDDING

## HOW TO FIND THE PROPER FIT



PHOTOGRAPH COURTESY OF WAMSUTTA

**Dress a water bed for success!**

**Water beds have been on the crest of popularity for some time. Now manufacturers are catching the wave with linens that really, well, hold water. Here's what's new.**

### Vive la difference

Most water beds are wider, longer, and deeper than conventional mattresses. (The exception is hybrid, or soft-sided, water beds, which are the same size as regular beds.) Not only will you need specially sized sheets for your water bed, but you may find that your old blankets and bedspreads come up short as well. Water bed specialty stores stock a variety of the right stuff. Now, most department stores also carry a selection of water-bed sheets, blankets, pads, and even comforters.

### Don't slip up

The biggest problem with water-bed sheets is their tendency to come untucked in the night. Manufacturers offer two solutions:

- **Bottom-sewn sheets** have a top and bottom sheet sewn together at the foot. Look for strong stitching to keep the set together.
- **Fitted sheets** have corner pockets not only on the bottom sheet, but at the foot of the top sheet as well. Make sure the corners are roomy enough to keep your sheets anchored.

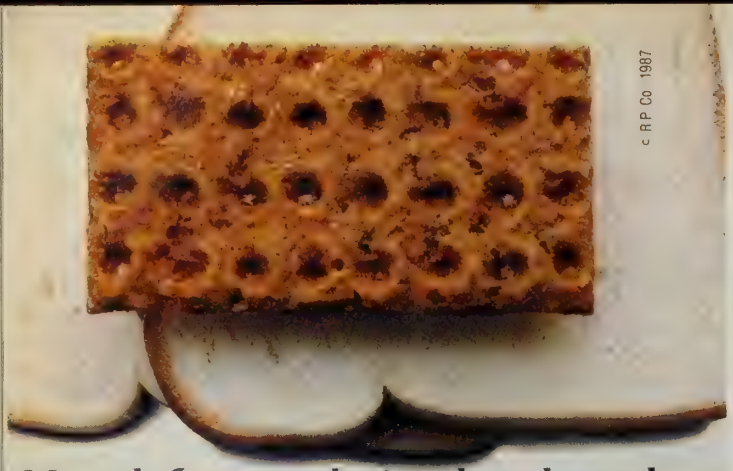


# READ THE FUNNIES WITH A FRIEND

YOU CAN ALWAYS FIND TIME. ON THE PHONE.

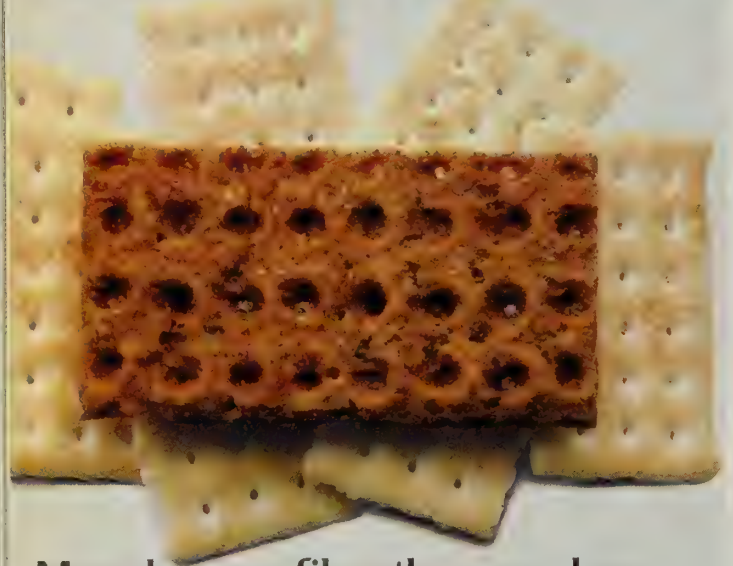
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Munch fewer calories than bread.



Munch more fiber than crackers.



And munch more delicious.

No wonder RY KRISP is the munch better alternative. They're munch higher in fiber (3 grams per serving) and munch lower in calories (25 per cracker) than most breads and crackers. And RY KRISP is a crunchy, delicious way to enjoy your favorite foods.




RY KRISP.
The munch better alternative.




# DINNER IN A FLASH!

## FROM WHAT YOU HAVE ON HAND



SCOTT LITTLE

**Wild Rice, Chicken, and Vegetable Casserole goes from shelf to table in 45 minutes.**

**No time to stop at the store? This quick dish goes together from ingredients you probably have on hand. (Or, next time you shop, stock up!) While the casserole bakes, cut up some fruit for a salad, then relax till dinner is ready!**

### WILD RICE, CHICKEN, AND VEGETABLE CASSEROLE

*You can use almost any frozen loose-pack vegetables that you have in the freezer—*

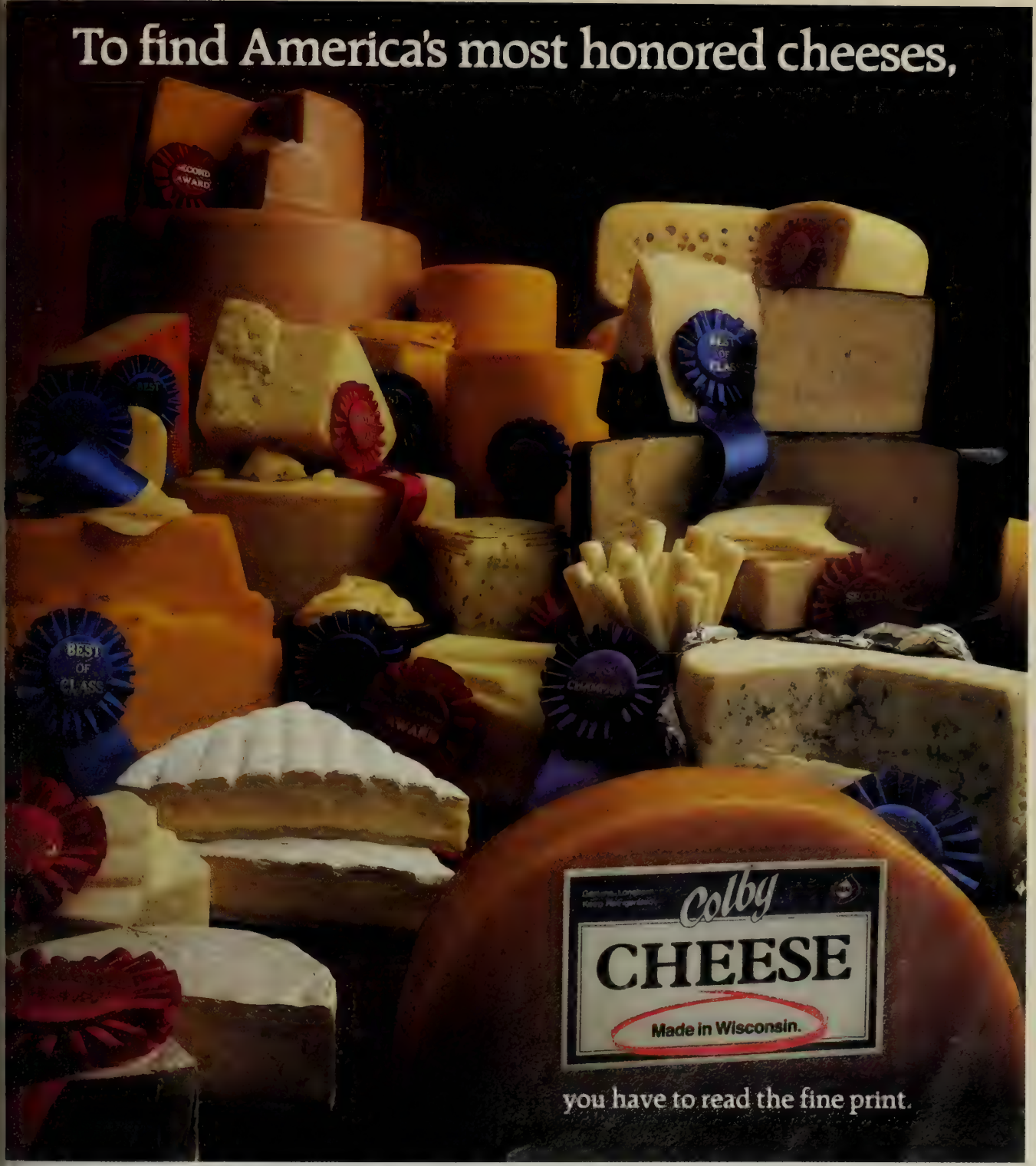
- **2 cups water**
- **1 10¾-ounce can condensed cream of mushroom soup**
- **1 6¼- *or* 6¾-ounce package quick-cooking long grain and wild rice mix**
- **2 5-ounce cans chunk-style chicken, drained**
- **2 tablespoons dry sherry**
- **⅛ teaspoon pepper**
- **2 cups frozen loose-pack mixed broccoli, carrot, water chestnut, and red pepper, thawed**
- **⅓ cup sliced almonds**

In a 2-quart casserole stir together the water, soup, the wild rice and the seasoning packet from the rice mix, the chicken, sherry, and pepper. Stir in the vegetables.

Bake the casserole, covered, in a 350° oven for 40 to 45 minutes or till the rice is tender, stirring once during baking. Sprinkle the top of the casserole with almonds before serving. Makes 4 servings.

***Nutrition information per serving of casserole:*** 439 cal., 26 g pro., 44 g carbo., 17 g fat, 49 mg chol., 1,688 mg sodium, 524 mg potassium, 2 g dietary fiber. U.S. RDA: 107% vit. A, 39% vit. C, 16% thiamine, 20% riboflavin, 40% niacin, 13% calcium, and 22% iron. BH&G

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**The taste worth looking for.**

Dairy Farmers of Wisconsin
Wisconsin Milk Marketing Board

# CHINESE PASTRIES

## TASTY TIDBITS FOR BRUNCH AND DESSERT

**Chinese cooking is more than stir-frying—and these delicate pastries are a prime example. Fortunately, you needn't travel far to enjoy these tender treats. You can prepare Chinese pastries at home, and we show you how.**

### COCONUT COCKTAIL BUNS

*Try these pastries at brunch—*

- ⅔ cup warm water (105° to 115°)
- 1 package active dry yeast
- 1 teaspoon sugar
- 2 eggs
- 2½ cups all-purpose flour
- ⅓ cup sugar
- ½ teaspoon salt
- ¼ cup shortening, melted and cooled
- ½ cup all-purpose flour
- 1 cup sifted powdered sugar
- ¼ cup all-purpose flour
- 3 tablespoons margarine *or* butter
- 2 tablespoons milk
- ⅔ cup coconut

For dough, in a large mixer bowl stir together warm water, yeast, and 1 teaspoon sugar. Cover; let stand till foamy.

Meanwhile, separate 1 of the eggs; set yolk aside. Beat together the egg and 1 egg white. In a mixing bowl stir together 2½ cups flour, ⅓ cup sugar, and ½ teaspoon salt. Stir in the yeast mixture, the beaten egg and egg white, and the melted shortening.

Turn dough out onto a lightly floured surface. Knead in the ½ cup flour to form a moderately soft dough (3 to 5 minutes). Shape into a ball. Place in a greased bowl and turn once. Cover and let rise in a warm place till doubled (about 45 minutes). Punch dough down.

Meanwhile, for filling, stir together the powdered sugar, ¼ cup flour, and dash *salt.* In a small mixing bowl beat margarine for 30 seconds. Gradually add sugar mixture alternately with the milk, beating till well combined. Stir in ⅔ cup coconut. Set aside.

Punch dough down and divide into 24 pieces. Cover and let rest for 10 minutes. Flatten each piece of dough to form a 3-inch circle. Place *2 teaspoons* of the filling in the center of each circle. Draw up sides to form round buns, pinching to seal well.



Pass a platterful of Coconut Cocktail Buns at brunch.



Pull the sides of the bun around the filling. Pinch to seal.



Serve delicate Golden Butterflies for dessert.



Pull one end of dough strips through center strip.

SCOTT LITTLE

Place buns, seam side down, on greased baking sheets. Cover; let rise till double (30 to 45 minutes). Beat together remaining egg yolk and 2 tablespoons *water.* Brush over buns. Sprinkle each with *coconut.* Bake in a 350° oven about 15 minutes or till golden. Serve warm or cool. Makes 24 buns.

***Nutrition information per pastry:*** 138 cal., 3 g pro., 21 g carbo., 5 g fat, 23 mg chol., 75 mg sodium, 37 mg potassium, and 1 g dietary fiber.

### GOLDEN BUTTERFLIES

*It's the beautiful shape that gives these delicate dessert pastries their name. Deep frying makes them golden—*

- 1½ cups all-purpose flour
- ½ cup sifted powdered sugar
- 3 tablespoons sesame seed
- ½ teaspoon ground cinnamon
- ¼ teaspoon baking powder
- 2 beaten eggs
- 1 tablespoon cooking oil
- 1 teaspoon water

• • •

- Shortening *or* cooking oil for deep frying
- Sifted powdered sugar (optional)

In a large mixing bowl combine the all-purpose flour, ½ cup powdered sugar, sesame seed, ground cinnamon, and baking powder. Stir in eggs, 1 tablespoon oil, and water. On a lightly floured surface knead dough till smooth. Cover the dough; set aside for 20 minutes. Divide the dough into 4 portions.

On a floured surface, roll 1 portion of dough to form a 10x5-inch rectangle, lifting the dough often to reflour the surface. Cover; let dough rest for 10 minutes. Repeat with remaining dough. Cut each rectangle into twelve 5-inch-long strips.

To form butterflies, lay one dough strip on top of another. Make a 2-inch slit down the center of both strips. Pull 1 end of sandwiched strips through the center slit to make a twisted pastry. Lay finished pastry on a lightly floured baking sheet. Repeat till all dough strips are shaped.

Heat shortening or cooking oil to 300° in a deep skillet. Fry pastries, a few at a time, in hot oil for 2 to 3 minutes or till light brown. Remove with slotted spoon. Drain on paper towels. Sprinkle with additional powdered sugar. Serve pastries immediately or store, covered, in an airtight container. Makes 24 pastries.

***Nutrition information per pastry:*** 84 cal., 2 g pro., 8 g carbo., 5 g fat, 23 mg chol., 10 mg sodium, 17 mg potassium.

# One of the world's favorite vacation places is Hawaii. Do people come for our crystal-clear waters? Our friendly people? Our romantic sunsets? Is it for the dazzling rainbows? The exotic flowers? The moonlit beaches? The tropical climate?

## Or do they come just for the mouth-watering taste of fresh Hawaiian pineapple?

"Hala-kahiki" means pineapple" in Hawaiian. So it also means "juicy, fresh, natural, delicious, nutritious, famous, plentiful, refreshing, sweet, fun to eat." When you say "hala-kahiki," you're saying quite a mouthful. There's a Hawaiian fresh hala-kahiki waiting for you in your store's fresh fruit section. Come and get it. Mahalo. (That means "thank you.")



Pineapple Growers Association of Hawaii






Oriental Saladventure Recipe: An exotic setting for four. Create a leafy bed of bok choy and spinach. Then arrange it with six ounces of blanched Chinese pea pods. Add a shredded carrot, two ounces of sliced water chestnuts, four ounces of crisp-steamed broccoli flowerets, and one ounce of Enoki mushrooms. Top it all with the delicious tang of T. Marzetti's Fresh Buttermilk Ranch Dressing. You'll find it refrigerated fresh in your grocer's produce department.

For more exciting recipes and money-saving coupons, write to: T. Marzetti Company, Dept. P, Box 29300, Columbus, Ohio 43229.

T. MARZETTI'S SALAD IDEAS FROM THE PRODUCE DEPARTMENT

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# BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

**CATS! Those Furry Little Bundles of Badness**
Cats courtesy of Animal Rescue League.
**Page 74: Innertube**—Crate & Barrel, Post Office Box 3057, Northbrook, IL 60065.
**Page 75: Embroidery floss**—DMC, 107 Trumbull St., Elizabeth, NJ 07208. **Cross-stitch fabric by Zweigart**—available from Home Needlework & Crafts, 4647 T Highway 280, E, Suite 136, Birmingham, AL 35243.
**Page 76: Yarn,** "Fluffy"—William Unger & Company, Incorporated, 230 Fifth Avenue, Room 1903, New York, NY 10001.

**Page 106 (*top*): Table, chairs, chaise**—Brown Jordan, 9860 Gidley St., El Monte, CA 91734. **(*Bottom*): Red child's chair**—Rubbermaid, 1147 Akron Rd., Wooster, OH 44691. **Child's sling chair**—Import Specialists, 82 Wall St., New York, NY 10005.
**Page 109: Teakwood lounger,** "The Commodore Steamer Chair"—Clappers Catalog (address above)

**GARDENING WITH KIDS: Sharing the Work, The Pleasure, the Wonder, the Harvest**
**Page 110: Cutie Pops popcorn and Sweet 100 tomato**—Stokes Seeds, Incorporated, Box 548, Buffalo, NY, 14240. **Easter eggplant**—Park Seed Co., Cokesbury Rd., Greenwood, SC, 29647-0001. **Jack Be Little pumpkin**—Johnny's Selected Seeds, Foss Hill Rd., Albion, ME 04910.




**GLORIOUS SALADS**
**Page 35: Plate,** "Swan Lake"—Kosta Boda USA Limited, 225 Fifth Avenue, New York, NY 10010. **Fork**—Yamazaki Tableware, Incorporated, 41 Madison Avenue, New York, NY 10010.
**Page 36: Plate,** "Classic White"—Fitz & Floyd, P.O. Box 815367, Dallas, TX 75381-5367. **Plate,** "Coral Peach"—Fitz & Floyd (address above). **Fork**—Wallace Silversmiths, Wallingford, CT 06492.
**Page 37 (*top*): Plate,** "Lotus"—Metlox Potteries, 1200 Morningside Drive, Post Office Box 8, Manhattan Beach, CA 90266. **Fork**—Yamazaki Tableware, Incorporated, 41 Madison Avenue, New York, NY 10010. **Bottom: Plate,** "Floral Weiss"—Villeroy & Boch, 41 Madison Avenue, New York, NY 10010.

**SUMMERTIME LIVING IN STYLE**
**Page 99: Table, stacking chairs**—Tropitone, P.O. Box 3197, Sarasota, FL 33578.
**Page 103 (*top*): Planter boxes**—Garden House, 1129 Howard Avenue, Burlingame, CA 94010. **Table,** "Balmoral"—Clappers Catalog, Box A 1121, Washington Street, West Newton, MA 02165. **Chairs,** "Glenham armchairs"—Clappers Catalog (address above). **Bench,** "Rothesay"—Clappers Catalog (address above). **(*Bottom*): Chaise,** "Valencia"—The Woodard Company, Post Office Box 280, 317 South Elm Street, Owosso, MI 48867.
**Page 105 (*top*): Glider sofa, glider chair, tables,** "Harbour Pointe"—Lyon-Shaw, 1538 Salisbury Boulevard, Salisbury, NC 28144.

**PRETTY PORCHES**
**Summer's Outdoor Living Rooms**
**Page 115: Chairs**—Old Hickory Furniture Co., Incorporated, 403 S. Noble St., Shelbyville, IN 46176 (1-800/232-2275). **Sofa fabric**—Westgate Fabrics, 1000 Fountain Pkwy., Grand Prairie, TX 75050.

**CELEBRATING SUMMER**
**Outdoor living furnishings and accessories**—courtesy of Saddleback of San Diego, 5487 Claire-

mont Mesa Boulevard, San Diego, CA 92117.
**Page 116: Table, blue chairs,** "Tamiami"—Brown Jordan, 9860 Gidley Street, El Monte, CA 91734. **Grill**—Weber-Stephen Products Company, 100 North Hickory, Arlington Heights, IL 60004.
**Page 117: Flatware**—Crown Corning, Consumer Products Division, HP-EB-1, Corning Glass Works, Corning, NY 14830. **White plate,** "Melita"—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611.
**Page 118 (*top*): Dessert dish,** "Luminarc"—Conran's, 145 Huguenot Street, New Rochelle, NY 10801. **Plate**—Metlox Potteries, 1200 Morningside Drive, Post Office Box 8, Manhattan Beach, CA 90266. **Glass,** "Prime-Mates"—Libbey Glass Company, Division of Owens-Illinois Glass Company, Owens-Illinois Building, Post Office Box 919, Toledo, OH 43693.
**Page 120 (*top*): Spoon**—Crown Corning, Consumer Products Division, HP-EB-1, Corning Glass Works, Corning, NY 14830. **Napkin**—Marimekko, One Dock Street, Stamford, CT 06902. **(*Center*): Bowl,** "Ralph Lauren"—Younkers, Seventh and Locust, Des Moines, IA 50397. **Salt, pepper grinders**—Crate & Barrel, 850 North Michigan Avenue, Chicago, IL 60611. **Napkin,** "Soccer"—Asta, Drive, Post Office Box 8, Manhattan Beach, CA 90266. **(*Middle*): Spoon**—Robinson Knife Company, 41 Madison Avenue, New York, NY 10010. **Grill**—Weber-Stephen Products Company, 100 North Hickory, Arlington Heights, IL 60004. **Pot holder**—W.C. Bradley Enterprises, Incorporated, Post Office Box 1240, Columbus, GA 31993. **(*Bottom*): Platter,** "Granada"—Villeroy & Boch Tableware Limited, 41 Madison Avenue, New York, NY 10010. **Brush**—Rubbermaid Incorporated, Route 585, Wooster, OH 44691. **Skewers**—W.C. Bradley Enterprises, Incorporated, Post Office Box 1240, Columbus, GA 31993.
**Page 119: Plate**—Metlox Potteries, 1200 Morningside Drive, Post Office Box 8, Manhattan Beach, CA 90266. **Glass,** "Prime-Mates"—Libbey Glass Company, Division of Owens-Illinois Glass Company, Owens-Illinois Building, Post Office Box 919, Toledo, OH 43693.
**Page 120 (*top*): Spoon**—Crown Corning, Consumer Products Division, HP-EB-1, Corning Glass Works, Corning, NY 14830. **Napkin**—Marimekko, One Dock Street, Stamford, CT 06902. **(*Center*): Bowl,** "Ralph Lauren"—Younkers, Seventh and Locust, Des Moines, IA 50397. **Salt, pepper grinders**—Crate & Barrel, 850 North Michigan Avenue, Chicago, IL 60611. **Napkin,** "Soccer"—Asta, 18009-J Sky Park Circle, Suite B, Irvine, CA 92714. **(*Bottom*): Spoon**—Ingrid, 3601 North Skokie Highway, North Chicago, IL 60064.
**Page 121: Glasses,** "Jazz"—Rosti (USA) Incorporated, 18 Sidney Circle, Kenilworth, NJ 07033. **Plate**—Waechtersbach USA, Incorporated, 8300 Northeast Underground Drive, Kansas City, MO 64161. **Tray**—General Housewares Corporation, Post Office Box 4066, Terre Haute, IN 47804.
**Page 122 (*top*): Casserole, carrier,** "Tech"—Beucler, Post Office Box 2382, Santa Ana, CA 92707. **(*Bottom*): Napkin**—W-C Imports Incorporated, Post Office Box 4789, Carson, CA 90749. **Relish containers**—IPL Products, Limited, Post Office Box 501, Plattsburg, NY 12901.

**PRIZE TESTED RECIPES®**
**Yogurt Ideas/Rice Side Dishes**
**Page 141 (*left*): Plates,** "Bauhaus"—Trend-Pacific Incorporated, 507 Towne Avenue, Los Angeles, CA 90013. **(*Right*): Bowl**—Williams-Sonoma, 532 Sutter Street, San Francisco, CA 94102.
**Page 142 (*left*): Plate,** "Les Bands Pink"—Fitz & Floyd, Post Office Box 815367, Dallas, TX 75381-5367. **Glass,** "Tulipe"—Villeroy & Boch Tableware Limited, 41 Madison Avenue, New York, NY 10010. **(*Right*): Butter plate,** "Rosette"—Nikko Ceramics, Inc., 165 Chubb Ave., Lyndhurst, NJ 07071.





14 mg. "tar", 1.2 mg. nicotine av. per cigarette by FTC Method.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

WIN! ENTER NOW! OVER 1,100 PRIZES!

GRAND PRIZE: Eve Lights will fly you and a guest to Hollywood for one week of behind-the-scenes "star" treatment. Visit the set of the NBC hit daytime series Santa Barbara. Rehearse the script! Dine with the stars! "Star" treatment continues back home where you'll have make-up and wardrobe sessions to prepare you for your special appearance in a segment of Santa Barbara. To be filmed in your own hometown!

10 FIRST PRIZES: 4-day trip for winner and guest to Hollywood including "star" treatment on the set of Santa Barbara and a part on the show!
50 SECOND PRIZES: 5-piece Jordache Luggage set, retail value $300!
100 THIRD PRIZES: Pupa "Genesis" Make-up Kit, retail value $230!
1000 FOURTH PRIZES: Santa Bearbara® Teddy Bear courtesy of New World Television!

**See the Eve Lights Display at your local retailer for special designer soaps free with purchase.**

**EVE-SANTA BARBARA SWEEPSTAKES OFFICIAL RULES**

1. **NO PURCHASE NECESSARY.** To enter, hand-print name and address on the official entry form or a 3" x 5" card and mail to EVE-SANTA BARBARA SWEEPSTAKES, P.O. Box 1501, Hicksville, New York 11802. Enter as often as you like, but each entry must be mailed separately and received by July 31, 1988. No responsibility is assumed for lost, misdirected or late mail.
2. Open to residents of continental U.S. ALL ENTRANTS MUST BE 21 YEARS OF AGE OR OLDER AS OF 4/1/88. Employees and their immediate families of Liggett Group Inc., its subsidiaries, affiliates, divisions, and agencies, are ineligible. Void where prohibited, taxed, licensed, regulated or otherwise restricted by law.
3. Winners will be selected in a random drawing on or about September 15, 1988, from among all entries received by an independent judging organization whose decisions are final. Odds of winning depend upon total number of entries received.
4. **Prizes:** One (1) Grand Prize: 7-day/6-night trip for two to Beverly Hills, CA, including a VIP tour of NBC, plus transportation, hotel and meals. An appearance in one episode of Santa Barbara to be filmed in winner's hometown. Ten (10) First Prizes: 4-day/3-night trip for two to Beverly Hills, CA., including transportation, hotel and meals, one day on the set of Santa Barbara, and an appearance in one episode. 50 Second Prizes: 5-piece Jordache luggage set. 100 Third Prizes: Pupa Genesis make-up kit. 1,000 Fourth Prizes: Santa Bearbara® Bear courtesy of New World Television. Scheduling of Grand Prize and First Prize trips at the sole discretion of New World Television.
5. Winners will be notified by mail and may be required to complete an Affidavit of Eligibility and Release allowing sponsor to use winners' names and pictures for publicity of the promotion. Prize winners must respond within 30 days of notification or prize will be forfeited. Only Grand Prize will be re-awarded. Santa Barbara™ is the registered trademark of New World Television. Taxes are winners' responsibility. One prize per household. No prize transfers or substitutions. For list of major prize winners, send stamped, self-addressed envelope to: EVE-SANTA BARBARA SWEEPSTAKES, P.O. Box 1514, Hicksville, NY 11802.

**OFFICIAL ENTRY FORM**

*I certify that I am 21 years of age or older as of 4/1/88.*
(Hand Print)
Name _____
Address _____
City _____ State _____ Zip _____
Daytime phone ( ) _____
Current brand _____ Age _____
Circle number of cigarettes smoked each day 10 20 30
**Fill in and mail to:** EVE-SANTA BARBARA SWEEPSTAKES
P.O. BOX 1501
HICKSVILLE, NY 11802
**A2**





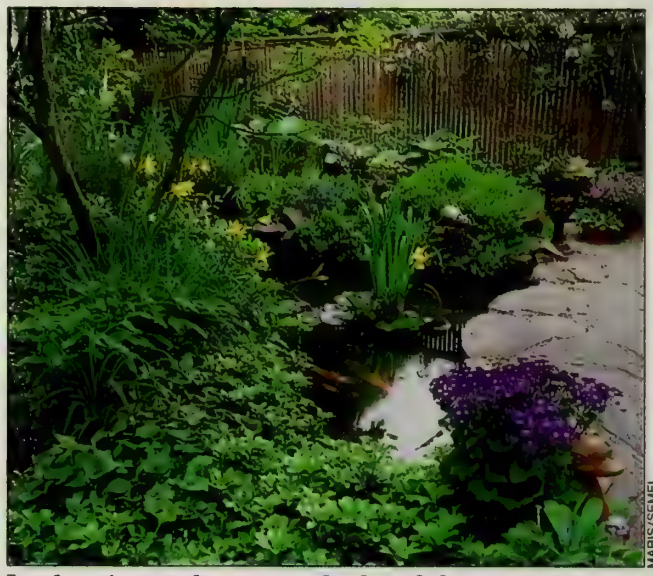
**BETTER HOMES AND GARDENS® DIRECTORY OF DESIGNERS AND ARCHITECTS**
**Pages 99–109:** Tom Denlick, Gazebos by Leisure Designs, P.O. Box 19742, San Diego, CA 92119. George R. Erdenberger, 812 NW. 17th Avenue, Portland, OR 97209. Garden House, Bruce & Marsha Atkinson, 1129 Howard Avenue, Burlingame, CA 94010. Philip Hauswirth, ASLA, 1389 Peachtree Street, No. 330, Atlanta, GA 30309. Huntington & Kiest, 2892 NW. Upshur, Portland, OR 97210. Paden Pritchard, 283 Summit, Mill Valley, CA 94941. Michael Ritter, Exterior Design Studio, 2109 Grand Ave., St. Paul, MN 55105. Waterman & Sun, Robert H. Waterman, 460 Forest, Palo Alto, CA 94301.

# A FISHPOND/WATER GARDEN

## BUILD IT YOURSELF; BEAUTIFY YOUR YARD

By Mark Ingebretsen

**Our all-season fishpond takes part of two weekends to build. We used plastic liner to hold water in. The plastic lets you make the pond any shape you like, easily: The first weekend, dig the hole, put down the liner, and fill the pond. Next Saturday, add border trim, goldfish, and plants.**



MARIS/SEMEL

**Landscaping touches create a backyard showpiece.**

### How to begin

Find a spot that gets about five hours of sun daily. Your site should fit a 40-square-foot pond. Smaller ponds overheat in summer. Look for a spot on a slight rise to make draining the pond easier.

### Aquatic plants

Plants add oxygen to the water and curb algae growth. Submerge several pots of water grasses (sold at pet shops). Decorative water lilies also grow in submerged pots. The water lily pads block sunlight, cooling the pond.

### Stocking with fish

Pet shops sell outdoor goldfish able to survive year-round, even beneath a winter ice cover. Ask for hardy and colorful species such as calicoes, comets, black moors, and fantails. Stock one fish for every two square feet of pond surface area. When introducing the fish to the pond, hold them in the water-filled bags used to carry them from the store. Float the bag in the pond for 30 minutes to allow water temperatures to equalize. Then release.

Feed your fish a daily diet of pet shop fish food. This will keep them from eating the plants in the pond.

Your fishpond may attract snails, turtles, frogs, and toads. Not to worry: Like the fish, these animals will help control insects and algae growth.

### Maintenance

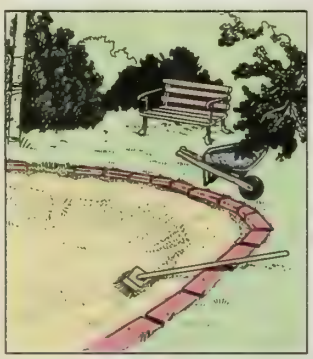
Fill your pond with the right number of plants and fish and the resulting balance will prevent algae buildup. The water will stay reasonably clean and require little further effort by you. If algae does get the upper hand, certain algae-killing chemicals can be used safely with fish (ask at a pet shop). Use the chemicals, then add more plants to keep algae in check. Don't fight algae by refilling the pond. This will only give algae a brand-new environment in which to breed.

### FOR MORE INFORMATION

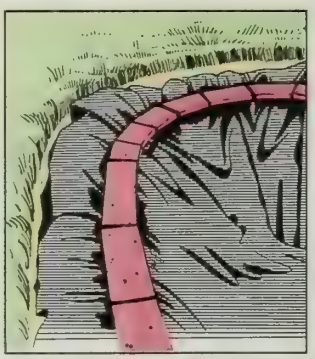
Order these fishpond-supply catalogs. All prices include postage.

- **Lilypons Water Gardens,** *6800 Lilypons Rd., Dept. BHG, Lilypons, MD 21717 (301/874-5133). $5.*
- **Van Ness Water Gardens,** *2460 N. Euclid Ave., Dept. BHG, Upland, CA 91786 (714/982-2425). $2.*
- **Slocum Water Gardens,** *1101 Cypress Gardens Blvd., Dept. BHG, Winter Haven, FL 33880 (813/293-7151). $2.*

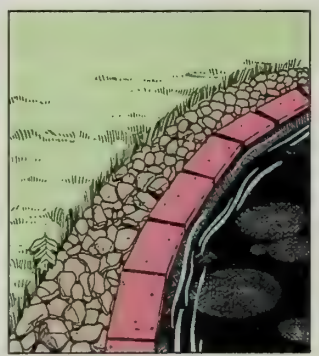
## WORKING WITH PLASTIC LINER



Dig a hole 2½ feet deep. Slope the sides at about a 45-degree angle. Line with 3 inches of sand or fine gravel.



Cover with polyvinyl chloride (PVC) liner. Keep a few wrinkles in the PVC; the wrinkles smooth out when the pond is full.



Secure the liner edges with bricks. Add gravel to the spaces between the bricks. Fill the pond; give the PVC a week to settle.



Trim the pond's edges with concrete. Top the concrete with slate. Slope the stones so that rainwater runs into the pond.

ILLUSTRATIONS: TERRY HERMAN

© 1988 A.H. Robins Company




# 10,000 DEAD FLEAS CAN'T BE WRONG.

**Testing shows Sergeant's® New Dual Action Flea and Tick Collar® kills $3\frac{1}{2}$ times more fleas in the first 6 hours than the other leading collar.**




And that's just the beginning. Sergeant's new fast acting collar keeps on killing fleas faster than the competition for a full 5 months. In fact, up to 10,000 fleas in 5 months!

That's bad news for fleas, but good news for dogs.

**Sergeant's**




Your veterinarian has a new way to prevent heartworm disease. It's HEARTGARD-30,® the first heartworm tablet you give just once a month.

HEARTGARD-30 ends the need to medicate your dog every day.

Free yourself from dosing your dog daily for heartworms.

**See your veterinarian today about new, once-a-month HEARTGARD-30.**

Heartgard 30®
(ivermectin)

**COMPOSITION:** Each HEARTGARD-30 tablet contains 68, 136, or 272 micrograms ivermectin. **INDICATIONS:** HEARTGARD-30 is for use in dogs to prevent heartworm disease caused by *Dirofilaria immitis* by eliminating tissue stage larvae. **PRECAUTIONS:** Dogs should be tested by your veterinarian for existing heartworm infections prior to starting treatment with HEARTGARD-30. A mild hypersensitivity-type reaction, involving a transient diarrhea, may occur after the treatment of dogs that have circulating microfilariae. When given at many times the recommended dose, ivermectin (the active ingredient in HEARTGARD-30) caused serious adverse reactions, including death, in certain dogs, particularly of the collie breed. **Observe collies closely for at least eight hours after treatment. If unusual signs, such as dilated pupils, depression, or a staggering gait are seen following treatment, contact your veterinarian immediately.** HEARTGARD-30 is not effective for treatment of adult heartworm infections or for clearance of microfilariae. **CAUTION:** Federal (U.S.A.) law restricts this drug to use by or on the order of a licensed veterinarian. Keep this and all drugs out of the reach of children. See your veterinarian for complete information.

MSD AGVET
Division of Merck & Co., Inc.
P.O. Box 2000
Rahway, NJ, USA 07065-0912

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# GIVING YOUR DOG A PILL

## WITHOUT TEARS OR SNARLS




Kindness works better than coercion.

**Most pet owners adopt a "trick and treat" approach when it comes to making their pets take medicine. They'll hide a pill in a mound of cheese, and hope for the best. Unfortunately, a dog's acute sense of smell dooms this method to failure: The animal happily consumes the cheese then spits out the pill.**

### Here's a better way

To make things easier, ask a family member to get your dog to sit with its back against a wall. Your helper should get a firm but friendly grip on the animal while you gently pull down the dog's lower jaw. Be careful not to get bitten as you place the pill back as far in the dog's mouth as possible.

Remove your hand and close the dog's mouth. Then, while holding your pet's mouth shut, gently stroke the dog's throat, and talk soothingly to it.

Even if your pet wiggles and squiggles, the stroking motion should activate the animal's swallowing reflexes. The pill will go down naturally. When the dog swallows, release your grip and offer your dog a real treat.

Don't give up on this method even if it seems difficult at first. The process becomes easier each time. Your dog may even come to enjoy lining up for pills and treats.

*—Diane C. Arkins*

# A KENNEL WITH CLASS

## BUILDING A DEN FOR MAN'S BEST FRIEND

**Like other members of the family, your pets deserve a private place of their own. A kennel offers canines all the creature comforts of home.**

### CANINE KENNEL

Daily frolicking through the garden put these three frisky canines in the doghouse before their kennel was built. Safely separated from the landscaping, the new enclosure (*right*) helps minimize the mischief without adding a dog-eared structure to the yard.

Happily for the pooches, the fenced area is within barking distance of the family deck, where the dogs can keep watch on household activities and yelp for help should they need it. There's enough romping room to keep the one basset hound and two golden retrievers from feeling too confined.

To surround the kennel area, the owners strung iron fence panels between lodgepoles. A pitched, shingled roof—supported by a framework of 2×6 lumber—shelters ready-made doghouses from sun and rain. Pea gravel (a surface material that is kind to tender paws) covers the packed dirt base.

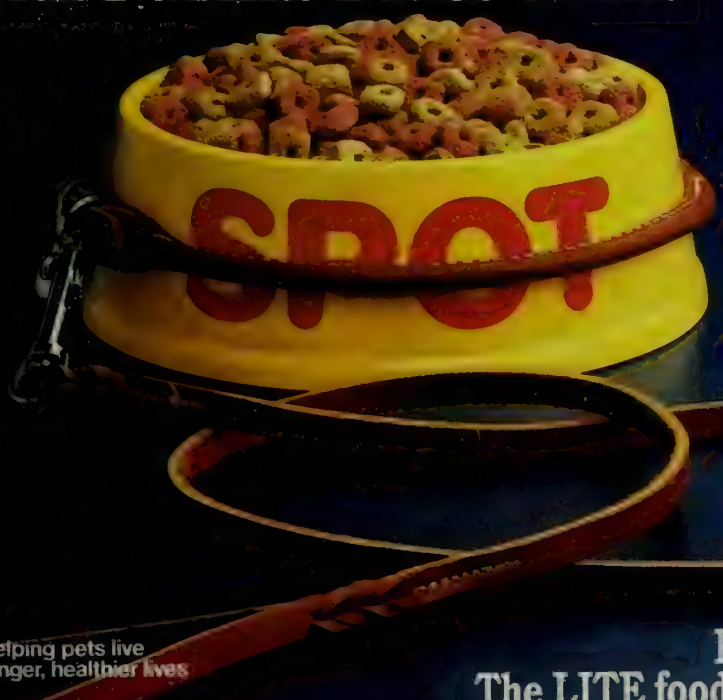


PHOTOGRAPH: TOMMY MIYASAKI FIELD EDITOR: JOAN DEKTAR DESIGN: NICK WILLIAMS

**Trevor, Grady, and Shiloh think they're in dog heaven.**



Keep fat, salt and calories on a leash with Purina® Fit & Trim®.




Too much of a good thing probably isn't good for anybody. Not even a dog's body. Purina Fit & Trim brand dog food has low salt, less fat and 15% fewer calories than the leading brand. It gives your adult dog 100% of the nutrition he needs while it unleashes all the beefy taste he wants. And that's okay with any dog. Any questions about Fit & Trim? Call us at 1-800-345-5678. Weekdays 9-4 CST.




Purina Fit & Trim.
The LITE food that tastes great!™

Helping pets live longer, healthier lives

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STEP-BY-STEP

# HIGH-RISE TREE HOUSE!

## YOU CAN BUILD IT IN THREE WEEKENDS FOR $600

By C. Michael Stowers

**Perched well above the concerns of the adult world, the *Better Homes and Gardens*® tree house is a perfect retreat for kids. Our design is adaptable to almost any tree with a fairly straight trunk. Stormproof, the tree house is partially supported on three legs that sway with the tree in a high wind. The house won't hurt the tree either, according to our Forestry Service experts. The tree house is easy to build; plan for three weekends and about $600 in materials.**

*continued on page 158*




PHOTOGRAPHS: PERRY STRUSE CONSTRUCTION: CROSE & LEMKE

**To order Project Plan 50669, see page 146.**

# 1 WINDOW, 8 SOLUTIONS

## 30-50% OFF Coronet Collection at Sears Custom Decorating Service









**SAVE 30-50% on draperies, including lining, labor and installation.***

**SAVE 50% on horizontal blinds, vertical blinds and Softlight® satinette pleated shades.**

Shown are just 8 examples of the thousands of beautiful possibilities awaiting you at Sears Custom Decorating Service.

Call a Decorator Consultant for your **free**, shop-at-home visit. She'll show you all of our coordinated collections, and give you our **free** Idea Book for inspiration.

Whether your decorating preference is traditional, contemporary or somewhere in between, let Sears assist. You'll love our solutions.

*Drapery accessories extra









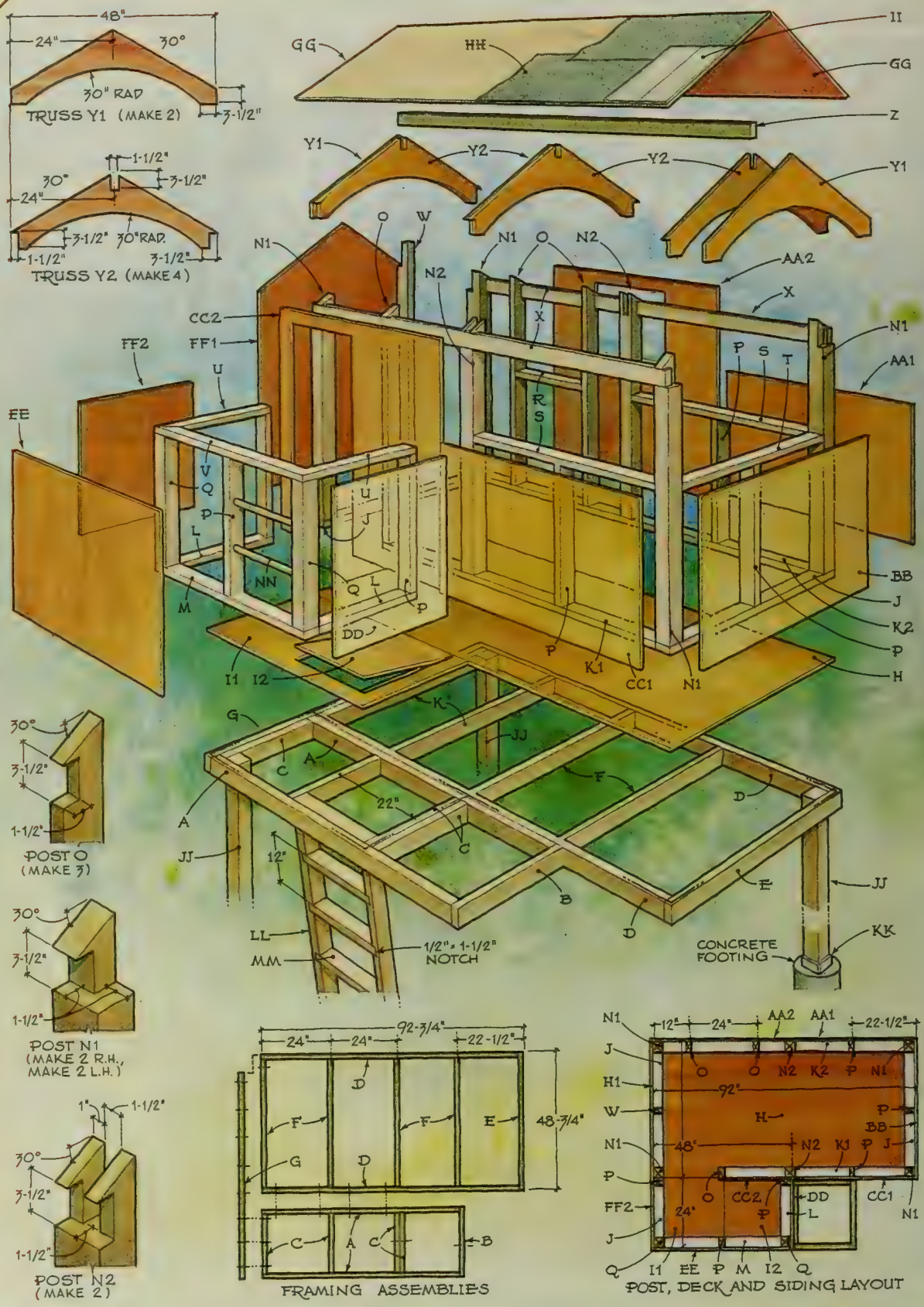
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**Our advice is free—call us and see:**
1-800-4-CUSTOM
**Or call your local Sears store**

There's more for your life at SEARS

STEP-BY-STEP

# HIGH-RISE TREE HOUSE *continued on page 160*




EUGENE THOMPSON



# Waiting for the new arrival.

He had been mail ordered some 70 years ago. Been handed down from Everett to Ruby to Mike as their time for such a trustful friend first came, then went away.

Today, the bear rests in his latest home. Awaiting his latest charge. Born, more or less on schedule, just a few short nights ago.

## The house.

This home was different from the ones the bear had known before.

He thought the difference was all the windows. That made this place seem more spacious than it was. That let the light flood in. That kept the coziness from slipping out.

In part, he was right. The windows were, in fact, something truly special.

## The windows.

Each of the windows...from the big bay in the living area to the round-topped one he anxiously waited in...was *The Intelligent Window.*® A kind made with just one type of remarkable glass, *Sungate*® coated low-E glass from PPG.

*Sungate* coated glass lowers heating bills in winter by keeping inside heat inside. And lowers cooling bills in summer by keeping outside heat out there.

Its special coating makes *Sungate* coated glass up to 70% more effective at insulating than uncoated glass.

## The arrival.

Light shines through the *Sungate* coated glass as the nursery door swings open. A napping infant moves from a mother's arms into an antique crib.

A long-time family friend sits watching from the window. And finally, is lifted from the sill and introduced to Jason.

For more information on how windows made with *Sungate* coated glass from PPG can add to the warmth, beauty and openness of your home, send for your *free* brochure. Or, call 1-800-2-GET-PPG to find out who in your area sells windows and doors with *Sungate* coated glass.

THE INTELLIGENT WINDOW®
SUNGATE
COATED GLASS

Yes, I would like to know more about *Sungate* coated glass from PPG.

Name_____

Address_____

City_____

State_____ Zip_____

PPG

Mail to: PPG Industries, Inc., *Sungate* Marketing Group, Dept. SC-338, P.O. Box 8727, Harrisburg, PA 17105.

*Sungate* coated glass and *The Intelligent Window* are registered trademarks of PPG Industries, Inc.

# HIGH-RISE TREE HOUSE *continued from page 158*



**SCREW THE SMALL FLOOR FRAME TO THE TREE.**

Start with the smaller of the two floor frame sections. Cut the 2×4 pieces and nail them together on the ground, except for endpiece B. Then hoist the frame into position, brace up the outside end with a 2×4 prop, and nail piece B to the frame. Use ⅜×6-inch lag screws and washers to attach the small frame to the tree. Screw endpiece B and at least one of the sidepieces to the tree. Make sure the frame is level before attaching it to the tree.

If the diameter of your tree is greater than 2 feet, you'll have to make the frame bigger to fit your tree. Be sure to adjust all the dimensions from the materials list (*below*) to fit your adjusted tree and base measurements.



**ASSEMBLE THE LARGER FLOOR FRAME.**

Nail a diagonal 2×4 across the larger frame to keep the frame square while you hoist it into position.



**BOLT THE LARGE FRAME TO THE SMALL FRAME.**

Use ¼×3½-inch carriage bolts, washers, and nuts. Prop the large frame in position and make sure it's level. Use C-clamps or bar clamps to hold frame in position.



**BOLT THE 2×4 BRACE TO BOTH FRAMES.**

Use the same size carriage bolts, nuts, and washers.



**DROP A PLUMB BOB.**

Make a jig from plywood scrap. Draw a right angle on the scrap; then bore a hole 1¾ inches from each line. Slip plumb line through hole. Align the angle on the jig with inside angles in each of the three corners not supported by the tree.



**MARK POINTS.**

Drive stakes at points determined by plumb bob for 4×4 posts. Dig 9-inch-diameter holes to the frost line at each point. Keep hole center aligned with plumb line. (A post-hole digger works best.) Pound cardboard construction tubes into holes; fill with concrete. Let set two days.

Position the 4×4 posts on metal brackets. These brackets go by different names in the hardware trade. The ones we used (inset photo *above*) have an adjustment slot that lets you move the bracket to make the support plumb. Position supports on brackets; mark length at frame top. Cut supports ½ inch shorter than measurement; bolt to frame with ⅜×5½-inch carriage bolts, washers, and nuts.

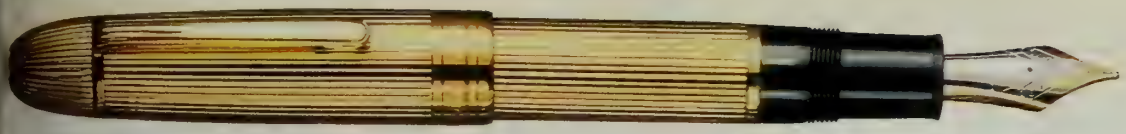
*continued on page 162*

## MATERIALS LIST

| PART | NUMBER | DESCRIPTION | SIZE |
|---|---|---|---|
| A | 2 | 2×4 | 70½" |
| B | 1 | 2×4 | 24" |
| C | 4 | 2×4 | 21" |
| D | 2 | 2×4 | 90½" |
| E | 1 | 2×4 | 48¾" |
| F | 4 | 2×4 | 45¾" |
| G | 1 | 2×4 | 72¾" |
| H | 1 | ¾" AC PLYWOOD | 48×92" |
| $I_1$ | 1 | ¾" AC PLYWOOD | 24×48" |
| $I_2$ | 1 | ¾" AC PLYWOOD | 19¾×20½" |
| J | 2 | 2×4 | 48" |
| $K_1$ | 1 | 2×4 | 65¼" |
| $K_2$ | 1 | 2×4 | 85" |
| L | 2 | 2×4 | 20½" |
| M | 1 | 2×4 | 48" |
| $N_1$ | 4 | 4×4 | 52½" |
| $N_2$ | 2 | 4×4 | 52½" |
| O | 3 | 2×4 | 52½" |
| P | 6 | 2×4 | 27" |
| Q | 2 | 4×4 | 27" |
| R | 1 | 2×4 | 24" |
| S | 2 | 2×4 | 38¾" |
| T | 1 | 2×4 | 41" |
| U | 2 | 2×4 | 24" |
| V | 1 | 2×4 | 48" |
| W | 1 | 2×4 | 63" |
| X | 2 | 2×4 | 90½" |
| Y(1) | 2 | ¾" AC PLYWOOD | (SEE DRAWING) |
| Y(2) | 4 | ¾" AC PLYWOOD | (SEE DRAWING) |
| Z | 1 | 2×4 | 90½" |
| AA(1) | 1 | ⅜" ROUGH-SAWN PLYWOOD | 30¾×44⅜" |
| AA(2) | 1 | ⅜" ROUGH-SAWN PLYWOOD | 48×52½" |
| BB | 1 | ⅜" ROUGH-SAWN PLYWOOD | 30¾×48" |
| CC(1) | 1 | ⅜" ROUGH-SAWN PLYWOOD | 30¾×44⅜" |
| CC(2) | 1 | ⅜" ROUGH-SAWN PLYWOOD | 24⅜×52½" |
| DD | 1 | ⅜" ROUGH-SAWN PLYWOOD | 24⅜×30¾" |
| EE | 1 | ⅜" ROUGH-SAWN PLYWOOD | 30¾×48" |
| FF(1) | 1 | ⅜" ROUGH-SAWN PLYWOOD | 48×66½" |
| FF(2) | 1 | ⅜" ROUGH-SAWN PLYWOOD | 24⅜×30¾" |
| GG | 2 | ¾" AC PLYWOOD | 30×96" |
| HH | 1 ROLL | ROOFING PAPER | |
| II | 2 SQUARES | CEDAR SHINGLES | |
| JJ | 3 | 4×4, PRESSURE TREATED | 12' |
| KK | 3 | POST BASES | 4×4 |
| LL | 2 | 2×4 | 14' |
| MM | AS REQUIRED | 2×4 | 20' |
| NN | 2 | 1⅛"-DIA. DOWEL | 24" |

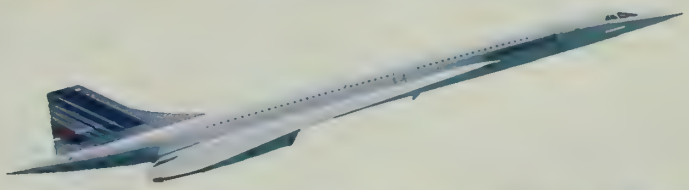
Miscellaneous: 24' of 1×4, 48' of ¾" cove, 30' of ¾" corner guard, 24' of ¾" drip cap, 1 pr. 2-in. butt hinges, oil-base primer, paint, cardboard construction tubes.

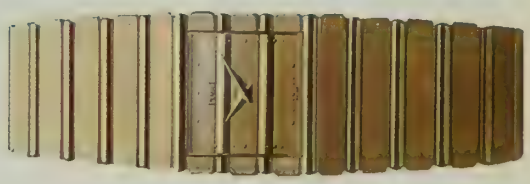
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# HIGH-RISE TREE HOUSE *continued from page 160*




**INSTALL THE FLOOR.**

The frame is dimensioned to leave a ⅜-inch offset from the frame edges. Install the largest piece of plywood first, using 4d box nails. Then install the balcony flooring piece. Nail in position the parts of the flooring that frame the hatch last.




**BUILD AND INSTALL THE ACCESS LADDER.**

Construct the ladder to the length needed for your tree house. Bolt ladder to the floor frame with 3½-inch carriage bolts, washers, and nuts.




**INSTALL HATCH DOOR.**

Cut the door to fit your opening. Attach with 2-inch butt hinges (see materials list). Put a hasp on the opening immediately. And be sure to lock the hatch whenever you leave the site. You don't want little ones up there inspecting your work until it's completely safe.




**DRIVE THE ANGLE-IRON STAKES INTO GROUND.**

Position stakes alongside back edge of the ladder. Cut stakes with a hacksaw and drill holes in the upper end. Secure ladder to stakes with 2-inch roundhead screws.

Sink a concrete lintel into the ground at the bottom of the ladder to make a landing and to help support the ladder so it doesn't wobble.




**NOTCH CORNER POSTS.**

Check the detail in the drawing for notch dimensions of corner posts. Cutting these notches is not an easy job to accomplish with a hand and circular saw. You might want to consider asking a local carpenter to make the notch cuts for you.




**INSTALL SOLEPLATES AND CORNER POSTS.**

Nail 2×4 frame soleplates in place with 16d common nails. Toenail posts to plates.




**SCREW THE HEADERS INTO THE POST NOTCHES.**

Use 2½-inch No. 12 wood screws to screw the headers into the notches. Then cut and assemble the arched plywood trusses. Use 1¼-inch No. 10 wood screws and glue to laminate the pieces as shown in the plan detail.




**POSITION THE TRUSSES.**

Fit trusses into notches and attach with screws. Then nail in the 2×4 parts of the frame and the ridgeboard. Nail in the 2×4 frame. Toenail horizontal members into 4×4 posts. Add ridgeboard and notch in a vertical 2×4 around truss at frame back.




**INSTALL DOWELS.**

Position two 1-inch-diameter dowels in the frame just in front of the hatch. Drill through the frame members and then slip the dowels into the drilled holes. Secure the dowels with nails.




**ADD ROOF SHEATHING.**

Use 4d box nails. Leave a 2-inch overhang. If overhang comes close to tree trunk, cut notch in sheathing so tree has a 1-inch clearance.




**ATTACH THE SIDING.**

Use 4d box nails here, too. Start at the back and work your way around to the front.

Trim siding with ¾-inch corner guard. Trim first around the bottom with 1×4 and ¾-inch cove molding. The cove molding goes on both the top and the bottom of the 1×4.




**APPLY THE ROOFING.**

Staple on roofing paper; attach drip cap to sheathing. Start at the bottom with a double row of shingles and work up, leaving 6 inches of the first row exposed. Cap with commercial cap or rip a cedar 2×4 to a V shape. Apply primer; paint. Do not paint support posts for a year.

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# LAKE MICHIGAN

By George S. Bush

**Explore the quiet beaches, deep forests, restored old towns, and family resorts that circle America's inland ocean.**




ILLUSTRATION: JIM BUCKELS

## JOYS ALONG THE SHORE

Lake's Michigan's beaches are powder soft. When you scramble up lakeside dunes, you'll marvel at sweeping "seascapes" and splendid dawns and sunsets. Like the oceans, Lake Michigan builds towering waves and thundering surf when winds blow. But, tranquil bays make boating and swimming a pleasure. There are parks for shady forest camping, bluffs to hike, old villages to explore, and ports where ocean-size vessels lie at anchor. If fishing is one of your delights, you're likely to take home impressive catches from sweet, tender perch to salmon. And, wherever the lake's ripples caress its shores, you'll find resorts—some large and lively, others steeped in seclusion.

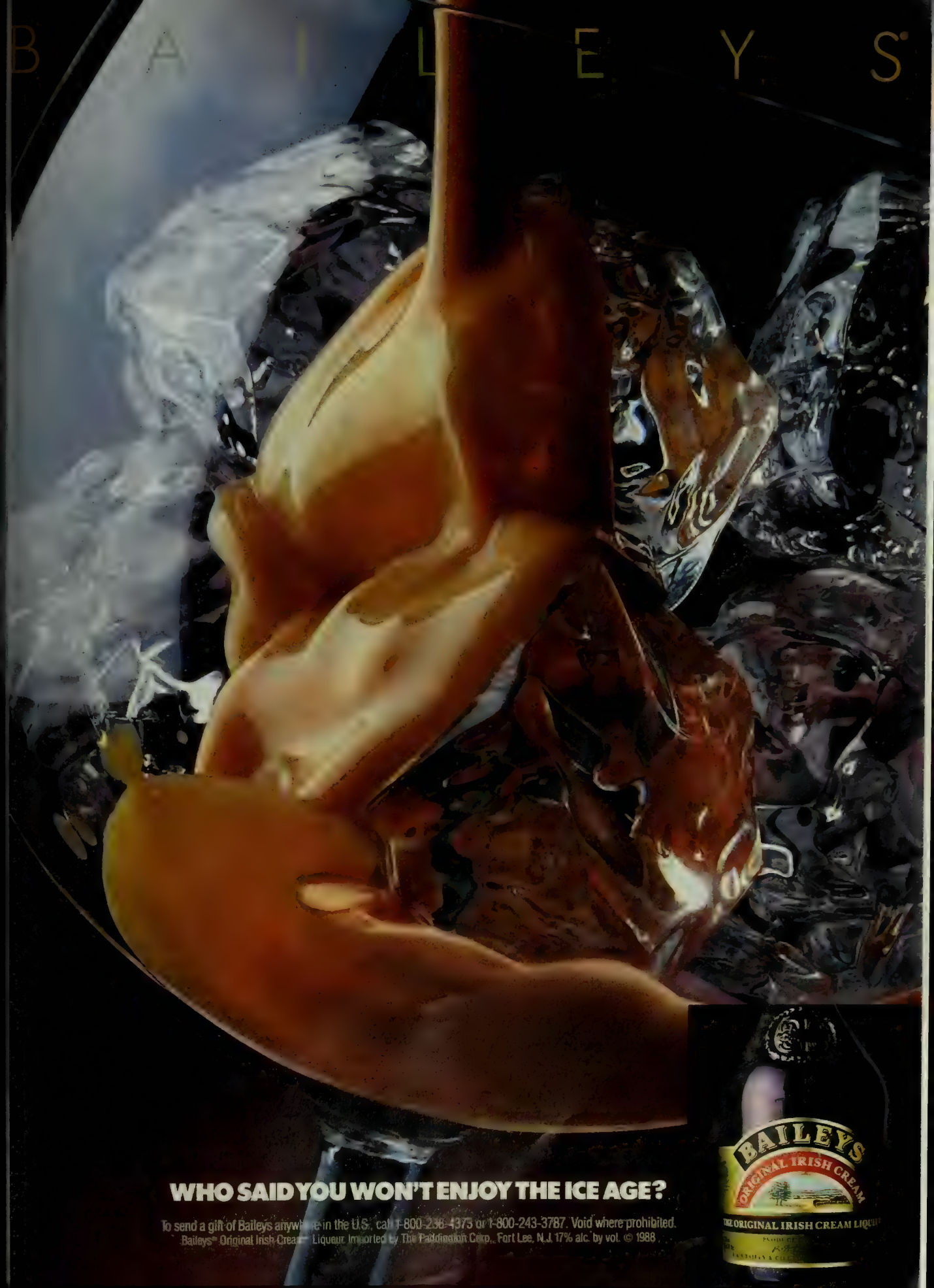
*continued on page 166*

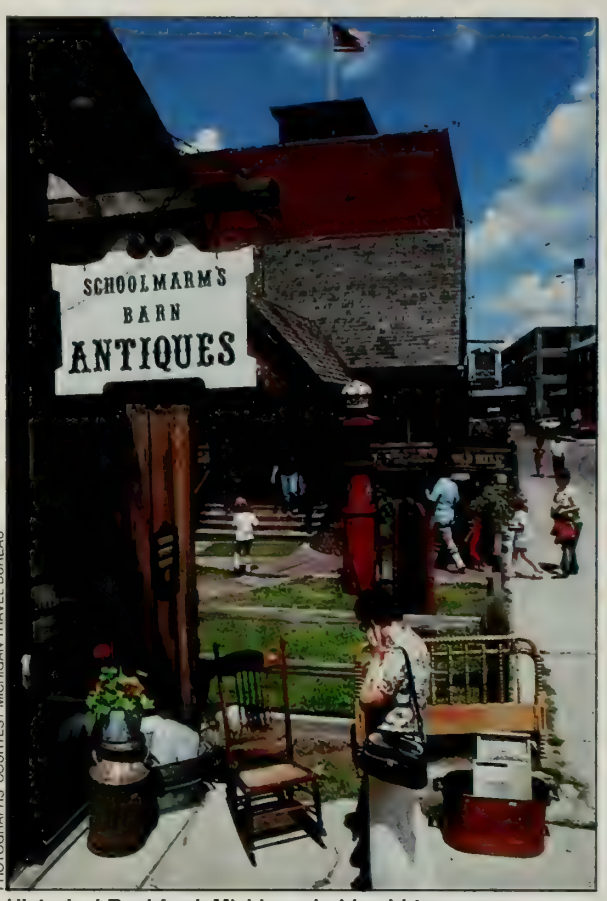


PHOTOGRAPHS COURTESY MICHIGAN TRAVEL BUREAU



**Lake Michigan stands out as the only Great Lake wholly within the U.S. Its shoreline embraces the busy waterfronts of Chicago and Milwaukee, plus miles of beaches (*above*) and historical towns (*left*).**


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Historical Rockford, Michigan, holds old treasures.



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**FINE FISHING**
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## ALL AROUND THE LAKE

Circling Lake Michigan involves about 1,000 miles of driving—just right for a leisurely week's tour. Or, you may prefer to stay put in one of our favorite lakeside pockets: Wisconsin's **Door County Peninsula,** Michigan's **Grand Traverse Bay** region, or the resort-filled coastal stretch between **Grand Haven** and **Saugatuck** on the southeastern Michigan shore. Farther north, Michigan's **Upper Peninsula** provides a more rustic atmosphere. Choose a cottage on the forested lakeshore here, and get away from it all.

## DOOR COUNTY PENINSULA

Swimming beaches, bluffs, and old villages line the shores of Door County. The peninsula separates the main body of Lake Michigan from the lake's Green Bay. Starting with water sports, almost every vacation activity is close at hand. You can bicycle back roads past apple orchards and cherry farms. Foot and horse trails wind through forests. The county's tennis courts, golf courses, and small amusement park cater to vacationing families. And, in towns such as Bailey's Harbor and Sturgeon Bay, artists pursue their trades and sell their wares.

Door County's attractions include a cruise of Sturgeon Bay. The boat passes close to shipyards where lake and ocean vessels lie under construction. Another cruise, from the town of Gills Rock, visits lovely rural Washington Island off the peninsula's tip.

One Door County event your whole family is sure to enjoy is the fish boil, a century-old tradition in these parts. Whitefish and lake trout steaks are boiled in a huge pot over a roaring outdoor fire. Locals serve up the catch with boiled potatoes and coleslaw. During the summer, fish boils take place somewhere in Door County almost every night. One of the best is in the village of Fish Creek at the White Gull Inn.

**Door County lodgings:** A family of four can expect to pay $45 to $100 a night at country inns, lodges, motels, and resorts. Family-size housekeeping cottages run about $300 to $500 a week. Best lodgings for families: the Bay Shore Inn in Sturgeon Bay, Wagon Trail Resort near Ellison Bay, Hubb's Motel in Sister Bay, the Settlement Courtyard Inn near Fish Creek, and the Grand View Motel in Ellison Bay.

**Information:** *Door County Chamber of Commerce, Box 346, Dept. BHG, Sturgeon Bay, WI 54235.*

## GRAND TRAVERSE BAY

Michigan's Grand Traverse Bay has not one peninsula, but two: The Leelanau Peninsula separates the bay from the lake, and Old Mission Peninsula divides the bay in two. On both fingers of land, fishing ports overlook the lake and vineyards rise up the hillsides. Seen from the beach, these hills resemble mountains meeting the sea.

Traverse City serves as the region's vacation center. The zoo, aquarium, and pioneer museum in Clinch Park make for good rainy-day outings. Children's plays are presented (sometimes with Broadway actors) at the Cherry County Playhouse on Friday mornings.

*continued on page 168*

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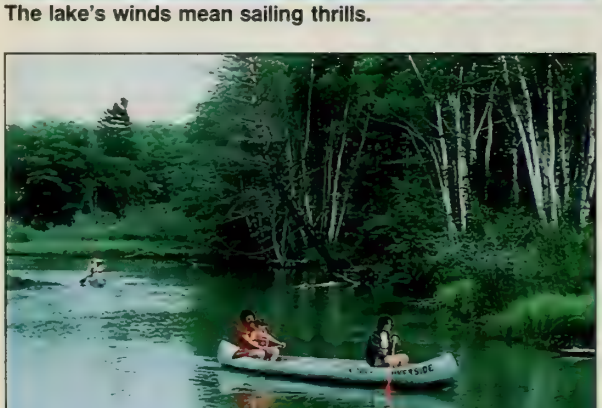
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The lake's winds mean sailing thrills.



Adventuring on the Platte River near Traverse City.



Sunset on an inland sea.

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**OUTDOOR ADVENTURES**
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**INLAND SEAS**
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Short distances make exploring this region easy. It's only 30 miles from Traverse City to the Leelanau lighthouse (a popular picnic spot), and 18 miles to the Old Mission Peninsula's tip. By day, hike along the water's edge at South Manitou Island—part of the Sleeping Bear Dunes National Lakeshore. At night, visit Interlochen, 15 minutes south of Traverse City, where the noted National Music Camp and Arts Academy puts on a summer concert series.

**Bay-area lodgings:** Motels charge $50 to $90 a night for two during summer (kids often stay free). Lakeside cottages start at $350 a week. Grand Traverse Resort Village, with lots of family activities, will cost you $88 and up per night (kids stay free).

**Information:** ***Traverse City Area Chamber of Commerce, Box 387, Dept. BHG, Traverse City, MI 49685.***

## SOUTHEASTERN MICHIGAN SHORE

Resort attractions line the 30-mile southern Michigan lakeshore between Grand Haven and Saugatuck. The town of Holland, famed for its Dutch heritage, is the center of the summer fun here. Put on your wooden shoes and visit Holland's Dutch Village, a small theme park with canals, windmills, rides, and folk dancing.

South of Holland, the town of Saugatuck is the least hectic spot on this resort stretch. You can browse the marine museum that sits aboard a classic Great Lakes steamship. Sightseeing boats head out from Saugatuck; smaller boats take groups out to fish for perch, usually with great success.

**Shore lodgings:** Saugatuck specializes in bed-and-breakfast inns. Rooms cost from $50 up (most accept children). Motels charge families $50 to $70.

**Information:** ***West Michigan Tourist Assoc., 136 E. Fulton, Dept. BHG, Grand Rapids, MI 49503.***

## NORTHWESTERN MICHIGAN SHORE

The southern shore of Michigan's Upper Peninsula is a land of white-sand beaches backed by deep cool forests. Families in search of a quiet, restful vacation find themselves returning to this spot year after year. Vacations here are simple: Choose a lakeside cottage, spread out the towels, and bring plenty of books and games for the kids. You can stock up on groceries at one of the tiny hamlets located alongside US-2 or State-35.

Those routes parallel the shore for 200 miles from the Wisconsin state line to the Straits of Mackinac. A choice vacation area lies around Manistique, an old lumber and iron port, with excellent beaches, trout streams, inland lakes, and Fayette State Park, fringed by limestone cliffs. The park's main attraction is the ghost town of Fayette, once an important iron port.

**Upper Peninsula lodgings:** Most of the region's cottages aren't fancy, but they're homey and clean. Rentals start at $175 a week. Motel rooms, though not plentiful, cost about $30 per night for a family of four.

**Information:** ***The Upper Peninsula Travel & Recreation Assoc., Box 400, Dept. BHG, Iron Mountain, MI 49801.***

The pyramid of Fantastik bottles seemed to explode as Harold pushed his shopping cart headlong into it. Despite the enormity of the aisle display, Harold ...er saw it until it was too late. ...Harold's mind was pre- ...occupied. She ...as tall ... blond... Harold had ... lowing her sin... first spied her in th... duce section. He had ... pursued her past "Spices and Condiments," and up the "Household Items" aisle, cautiously hanging back, glancing toward the shelves whenever she stopp... for fear of being discovered. She was th... most beautifu... creature Harold ha... ever seen, but Harold w... painfully shy, and very se... conscious. And for good reas... Harold had always worn out-of-d... long sleeved paisley shirts, black polyester pants tied off just below his ribcage by a thin black belt and black oversized assembly line shoes. On his nose perched a pair of white-taped black plastic glasses that looked like they belonged with a large rubber nose. He wore his hair combed straight back, slicked down with enough oil to stay in place through a tropical storm. But worst of all, Harold always wore a very strange expression. His entire face stayed squunched up, as if he were constantly staring into the sun.

And now, Harold wore a squunched-up look of embarrassment and disbelief. The blonde had been pushing her cart in the opposite direction when, suddenly, she stopped, turned, and walked directly toward him. Harold had freaked like a scared rabbit, hurtling into the Fantastik. "You clumsy nerd!" an elderly woman ...rked as she pulled herself from ...h the avalanche of white and ...tles. "You really are a nerd ...you?" a soft voice ...l from behind ... Harold ...ed, and ...here, ...six ...ches away, ...ood the beautiful ...londe. g-g-g... so," Harold replied, staring in a... ment. "But an honest nerd," sh...

"I see you use Fantastik, too," the beautiful girl said, nodding toward Harold's basket. They both chuckled a little, as Harold realized that five or six of the bottles had tumbled into his empty cart. "Well, yes, actually I do like Fantastik," Harold answered nervously. "It's great in the kitchen, and I really like to cook!" Harold was excited. They had something in common, even if it was only a preference for the same all-purpose spray cleaner. "I was on my way back to get a bottle of Fantastik when your shopping cart, uh, ran out of control," she said with a smile. Harold squunched his face harder. "You're different," she continued, "different from the other guys I know. Biff, Skippy, Blade... they're so insensitive...but not you. By the way, my name's Susan," she said. Harold took her outstretched hand in his. "Harold," he said with a reluctant sigh. "Ya know, Harold, I like you. You just need a few....alterations." Harold squunched more than ever now. "Some ...thes, shoes, new glasses...and we've got ... do something about that hair...but ...irst Harold..." "Y-y-yes?" Harold ...ttered. "The first thing I'm going to ... is wipe that silly squunched-up look off your face." At that, she pulled Harold to her, and smothered him with a hot deep kiss that made his knees go weak. "Are you o.k.?" she asked. He nodded. "Harold, it worked. Your face is unsquunched now. You're not bad looking. Not bad at all." Harold blushed. "Harold, would you be so kind as to escort me to the frozen foods?" "Delighted, my dear," Harold answered, surprising himself with the Erroll Flynn-ish tone of his reply. "Yes, you have great potential," Susan ...taking his arm. Harold flashed ...n-squunched smile ...her side

away. For a ... that they were sharing one shopping cart, one bottle of Fantastik, one cozy house in the suburbs. 'But hey, slow down' Harold thought, 'just one aisle at a time.'





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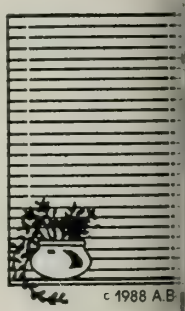
*By Arlene Avile*




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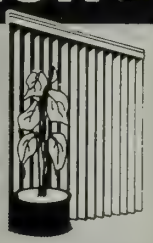
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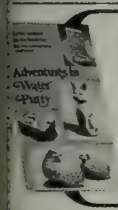


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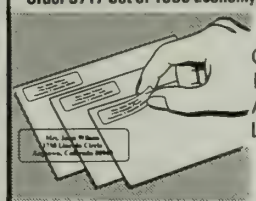
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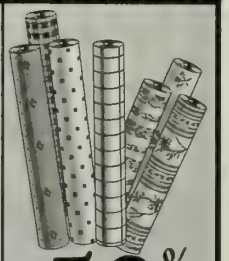
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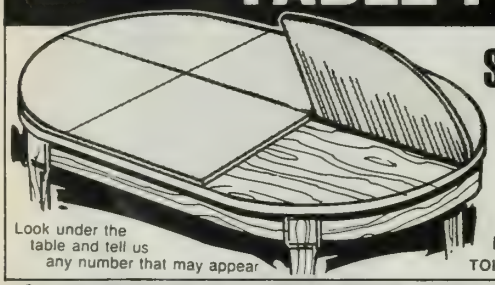
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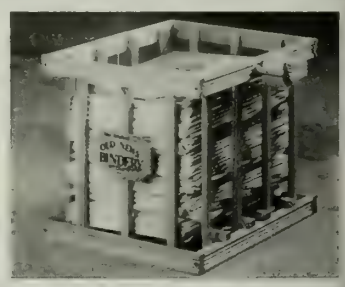
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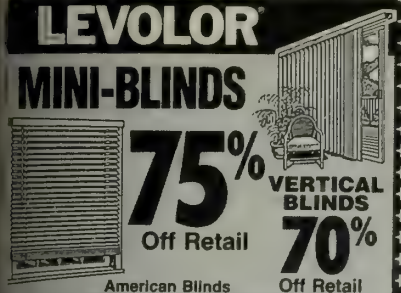



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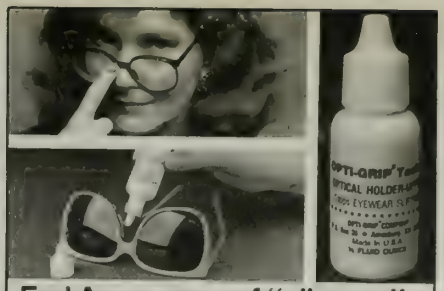
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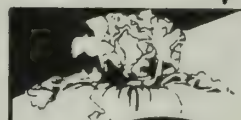
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Burt, Jr., reported that Mr. Morgan, his science teacher, discussed the concept of perpetual motion the other day, "And for a while there, I thought he was talking about Mom."

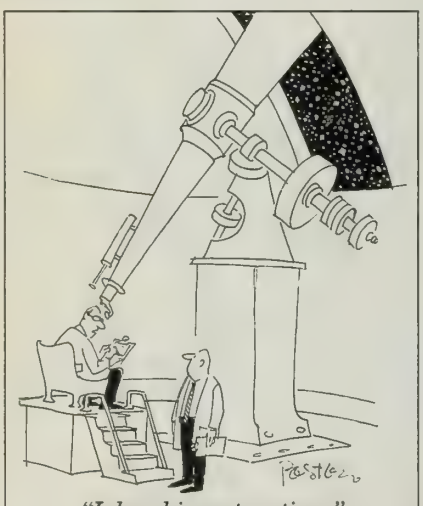
"How things do change," sighed Grandpa Hillis, noting that he remembers when people walked out of necessity and drove vehicles for recreation, instead of the other way around.

If she can lug the trash cans out to the curb each Tuesday, says Aunt Opal, how come the lids are too heavy for the collectors to pick up and put back on the cans?

"I don't know what we'd do without our kids," says Bill Norman. "They're the only ones who know how to get our personal computer up and running after it quits working."

I was startled to overhear Judy's friend RayAnn Williams say, "I wish I was white." I was about to ask the black youngster the reason for her outburst when she added, "Next time we play chess, I want to go first."

"I find that it's much easier to convince my patients to start an exercise walking program," reports Dr. Bob Hannelly, "if I wait until June to spring the idea."



*"I dread inventory time."*




*"It was a great year, Mrs. White. No hard feelings?"*

I keep thinking Judy's clothes are inside out, then I realize that the labels are *supposed* to be on the outside.

Picking a grocery store is a very personal affair today. Chris looks for the place with the best produce. I head for the store with the most free samples.

"My wife and I used to think we were out of it because we never went anywhere," Bill Minchin reports. "Now we think of ourselves as being on the leading edge of cocooning."

"It used to be that men asked for your telephone number if they liked you," reports our single friend Elaine Cowan. "Today they're more likely to want to know your tax bracket."

"Our son's day-care center just relocated to Florida," says Jeff Peters glumly, adding, "I can't believe my parents could do such a thing to us."

"You won't believe it," says Grandma Hillis, "but we've been married so long that we're already on our second bottle of Tabasco sauce."

*After last year's rafting vacation, Chris and I were worried that the kids would expect us to top the experience this year. Unfortunately, our work schedules just won't allow us the luxury of a week or two off at the same time.*

*"We could take a few short trips," Chris suggested. "A long weekend or a couple of days in the middle of a week."*

*"Sure," I said, "but it doesn't seem like there's that much to do around here. The kids will be disappointed."*

*So, with a little trepidation, we broke the news. But before we could even finish, Judy interrupted.*

*"Terrific," she said. "Maybe we could visit that Indian reservation in the northwest part of the state."*

*"Yeah," chimed Burt, Jr., "or we could spend a couple of days at that horse ranch owned by the Sawyers. They said we could visit any time. Or how about. . . ."*

*For a half hour, the ideas flowed like wine. I guess it's true: If you always set your sights in the distance, you miss what's right in your own backyard.*

Burton Hillis



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